

Effective Exam Preparation

Class of 2017

Extract from Chapter 7: Exam day is here

The Morning of the exam

The morning of the exam, especially the first morning can be a tense time for everyone. On the Tuesday night, you may not get the best night's sleep, but that's normal procedure. You will sleep better the night after the first day is over, all going well. On a given exam day, I wouldn't be getting up too early especially if you have an exam that afternoon; you will just be shattered tired. Personally, I would advise you to do around thirty to forty-five minutes revision at home before leaving for school. During this time I would be going over summarised notes, whether that be a mind map, post-its, flash cards or a summary notebook. I'm of the opinion that the morning of exam is not the time to be looking at any new material; stick to your guns and trust the processes you have put into place over the last few months.

Before leaving the house, have a good breakfast (more Information about nutrition in Chapter six). You need to be at the exam centre at least thirty minutes before all your exams so if you are travelling, give yourself extra time in case there is a traffic accident, bad weather or unforeseen events.

During the exam period you shouldn't be "Just in time" for any exam, therefore I would strongly advise leaving home early and so taking that potentially stressful situation out of play. If you are a last minute person, be diligent here making sure your parents are on the ball if they are carting you there.

Without stating the obvious, make sure to carefully double check the time of each exam. Put a copy of the timetable up in your room and highlight the exams that you will be doing. Give a photocopy of the exam timetable to your parents also to keep them in the loop. The finish time for an exam is as important as the start time. There have been cases of pupils forgetting to go to an exam or worse still, sleeping through it. There have also been

cases of students thinking that they had another thirty minutes left in an exam when the superintendent called time. Believe it or not, these two situations occur every year around the country. Make sure you have all your materials for each particular exam. In other words, double check exactly what's in your bag each day. Make sure and have a second black/red pen, eraser, pencil, water and a few mints/sweets to stay cool.

I would be of the opinion that school on the morning of an exam isn't going to be a great place for revision. On arrival, you will observe some students on edge as they prepare themselves for the off. Not a brilliant environment for last minute study is it? However if you feel like you need to take some cards or summaries to school, do so. I wouldn't be bringing wads of notes as you will only freak yourself out thinking "Oh no I don't know this" or "I don't know half what's in this textbook" etc. I would ignore any stray comments from your peers like "This is coming up!..." or "Have you heard that...?" etc. Being an exam superintendent myself, I arrive early to school on day one and see the shenanigans students go on

with. Even your own gang of friends can derail you with silliness. Keep in mind that the exam paper was set in autumn, so rumours in person or on social media are just that – rumours. Keep your focus and stay in the present as best you can, believing in what you prepared to your utmost ability.

Avoiding conversations about the paper just before you enter the exam hall is a good Idea. I believe you are better served to use that walk to get your mind into the zone. The reasoning behind this is that you might be clear and confident in your head about topics and some throwaway comment from a friend can put doubts in your mind. Another issue can be if someone mentions a topic that you may not have studied in-depth and suddenly you are wondering “Will this appear on the paper?” At this late stage, stick to your guns, trust yourself and stroll in with your head held high. These topics/questions being discussed may not appear anyway, so worrying about something that may never happen is energy wasted. If you follow the above little recommendations, I believe you are now in the best possible

frame of mind as you enter the hall. I would advise using the toilet beforehand as the chances are you will be hydrating that morning and may need to during the exam also.

Book to be released in September 2017

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