

# on the day

## Exam day checklist

Have breakfast. Know where the exam is being held and what time it starts. Give yourself plenty of time to get there. Take all the equipment you need including extra pens and pencils. Take in a bottle of water and tissues. Go to the loo beforehand! If you feel anxious, use the 7/11 breathing technique before the exam.

## pace yourself

Read the instructions before starting the exam. Ask the invigilator or exam supervisor if anything is unclear. Read through all the questions before starting writing, and be clear on how many questions you are required to answer. If there is a choice, start by answering the question you feel you can answer best. If you are stuck on a question, go on to the next and come back to it later. Leave time to read through and check your answers before the end. Plan how much time you'll need for each question.

## do your best

Knowing that you've done your best will help you overcome feelings of letting anyone down. Don't go through the answers afterwards with your friends - it's over so treat yourself!

## Useful Websites:

### revision timetable templates

[www.dayjob.com/content/revision-timetable-771.htm](http://www.dayjob.com/content/revision-timetable-771.htm)

### learning styles (visual-aural-read/write-kinesthetic)

<http://vark-learn.com>

[http://www.brainboxx.co.uk/A0\\_shared/pages/startkids.htm](http://www.brainboxx.co.uk/A0_shared/pages/startkids.htm)

## AND BREATHE...

Practice the 7/11 breathing technique for panic attacks, hyperventilating and de-stressing. It's simple - breathe in counting to 7, then breathe out counting to 11

## Help and advice

**during or after the exams** If you feel that you really can't cope with the pressure or are feeling stressed, **find someone to talk to.**

**Don't bottle it up!** Talk to a trusted adult - parents, carers, friends parents, family member, teachers, or a School Counsellor or Nurse

## Helpful Numbers

**ChildLine** is the UK's free, confidential helpline for children and young people, offering advice and support, by phone and online, 24 hours a day

**Phone:** 0800 1111 (24 hours)

**Website:** [www.childline.org.uk](http://www.childline.org.uk)

**Samaritans** offer a FREE 24 hour helpline to speak to someone if you feel there is nowhere else to turn, whether you are feeling suicidal or desperate

**Phone:** 116 123 (24 hours)

**Website:** [www.samaritans.org](http://www.samaritans.org)

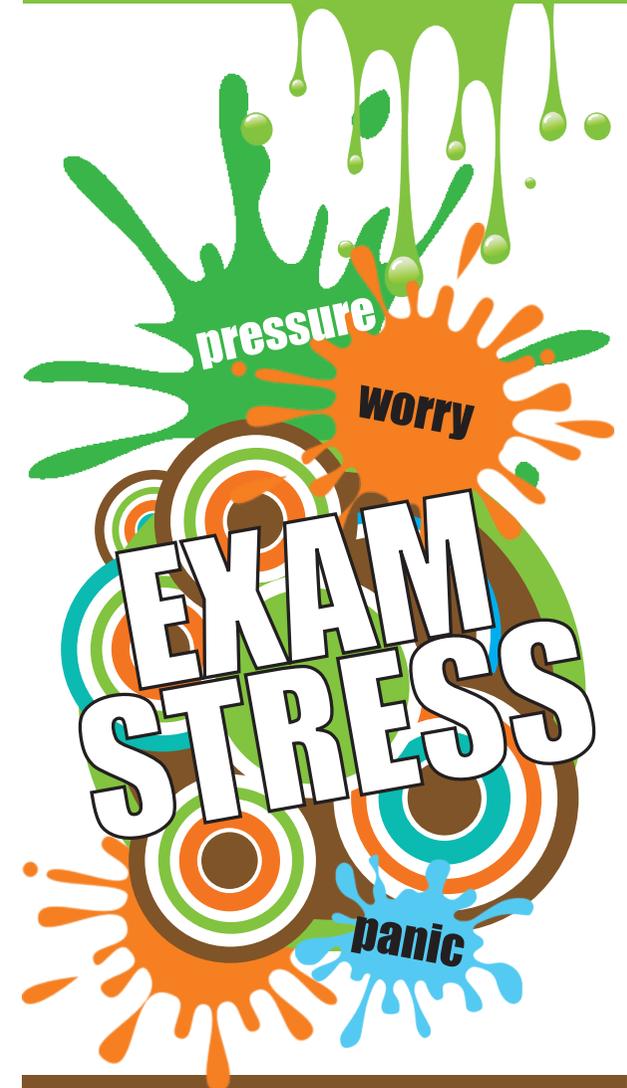
**HopeLine** can help if you are feeling suicidal

**Phone:** 0800 0684141 **Text/SMS:** 07786 209697

**Website:** [www.papyrus-uk.org/help-advice/about-hopelineuk](http://www.papyrus-uk.org/help-advice/about-hopelineuk)



# Anxiety



**A GUIDE TO SURVIVE!**

# plan ahead

# prepare

# time out



## Do

### have your own revision timetable

Start planning well before exams begin. Your teacher should be able to help you plan a balance of revision and relaxation.

### make your books, notes, essays user-friendly

Use headings, highlighting and revision cards, and get tips on other revision techniques from teachers and friends with experience of exams. Consider buying revision guides and download the syllabus specification for each exam.

### take notes of the important points

Try to answer the questions of past exam papers – practise explaining answers to tricky questions to someone else.

### remember everyone revises differently

Find out what routine suits you best - alone or with a friend or parent/carer; early morning or late at night; short, sharp bursts or longer sessions; with music or without noise. Find out your learning style: visual, auditory, kinesthetic.

### ask for help

from your teacher/learning mentor, parent/carer or a friend if there are things you don't understand.

## Don't

**leave** revision to the last minute

**avoid** revising subjects you don't like or find difficult

**forget** that there is life beyond revision and exams

**cram** ALL night before an exam

sample timetable



## Revision Planning

### know what you need to revise

Find the syllabus specification for each exam you are sitting. Search online for these keywords: Board, Level, Course name & code, and the word "Specification" eg "AQA GCSE science 4405 specification". This will tell you what you need to know and understand. Mark with traffic light colours: Green - *I know this*, Orange - *I need to practice this*, Red - *I don't know this*.

### work smart

**Specific:** establish what needs to be covered and prioritise the most urgent areas.

**Measurable:** keep a clear track of what you have done and what remains to be done.

**Adjustable:** if you're sick, if somebody 'borrows' your textbook, be flexible and make the most of the time you have.

**Realistic:** aim to do what you can realistically do to the best of your abilities. You have limited time and energy.

**Timed:** schedule 'pockets' of quality revision time, so you can 'tick off' when you have covered each topic.

## Remember

### eat, drink, sleep

It's important to eat healthily. Slow-release carbohydrate foods are absorbed slowly and keep your blood sugar steady and keep hunger pangs away, allowing you to concentrate: wholegrain foods, bread, cereals, pasta, crackers, beans, green and orange vegetables, potatoes, fruits. Always have breakfast and eat regularly, at least a snack every 4 hours. Keep hydrated - water keeps your brain healthy and alert. Sugar steals your energy - a quick rush of energy that burns off quickly so keep the chocolate and sweets for 'chill-out' time after your revision study.

### put yourself first

This is an important time for you. Talk to your family about how they can make studying a little easier for you – for example, by agreeing times when you can have your own space, when they will try to be a little quieter around the house and when you'd rather not be disturbed, except perhaps for the occasional treat, such as a drink or snack.

### make time to do things you enjoy

Don't revise all the time. Plan a timetable that suits you. Ensure that you take 10 minutes in every hour of revision for a screen-break, to stretch your legs, take in some fresh air and a drink. Take a lunch break and make sure you give yourself time each day to relax and do something you enjoy – watch TV, listen to music, read a book or go out for a walk. Avoid contact on social media at this time, as it's easy to get influenced by others opinions and lose track of time.

Day	Early AM	Later AM	Early PM	Later PM	Early Eve	Later Eve
Monday 16th	English Language & Literature GCSE (1)		Revision for Mathematics GCSE (1)	walk	Revision for Mathematics GCSE (2)	Revision for English Language & Literature GCSE (2)
Tuesday 17th	swim	Revision for English Language & Literature GCSE (3)	Revision for Mathematics GCSE (1)		Revision for Mathematics GCSE (2)	Revision for English Language & Literature GCSE (2)
Wednesday 18th	Revision for English Language & Literature GCSE (2)	Revision for English Language & Literature GCSE (2)	English Language & Literature GCSE (2)		Revision for English Language & Literature GCSE (3)	Revision for Mathematics GCSE (1)
Thursday 19th		Revision for Mathematics GCSE (2)	Revision for English Language & Literature GCSE (3)		Revision for Mathematics GCSE (1)	Revision for Geography GCSE (1)
Friday 20th	Revision for Mathematics GCSE (2)		Revision for English Language & Literature GCSE (3)	Revision for Mathematics GCSE (1)	Sally's Party	
Saturday 21st	brunch with friends	Revision for Mathematics GCSE (2)	Revision for English Language & Literature GCSE (3)	watch fave dvd	Revision for Mathematics GCSE (1)	Revision for Geography GCSE (1)
Sunday 22nd		Revision for Mathematics GCSE (2)	Revision for English Language & Literature GCSE (3)	sunday lunch family	Revision for Mathematics GCSE (1)	Revision for Geography GCSE (1)

HEY GOOGLE

Why don't you sit next to me during my exams?

DEFINITION OF STUDY

The act of texting, eating and watching TV with an open textbook nearby