

25 Top Tips for Exam Success

1. Just study. Don't procrastinate.

'Motivation is what get's you started. Habit is what keeps you going'.

2. Draw up a realistic timetable. Short, frequent study sessions. You need to be doing more than your homework.

'Make every day count!'

3. Don't just panic and bury your head in a heap of books and hope for the best. Organise yourself. It's never too late. Clear notes, tidy folders. Don't stress yourself out.

'Ten years from now, make sure you can say that you chose your life, you didn't settle for it.'

4. Don't prioritise any one subject. All subjects should get equal time. Allow two hours each weekend for each subject and around 30-40 minutes per night for studying what was covered on the day in the classroom.

5. Attend lessons. Be an active learner. Attend classes regularly and participate whenever possible. The interaction will help you to remember more than if you sit passively in class.

'No matter how you feel. Get up. Dress up. Show up. And never give up.'

6. How much time do you spend on the internet? Half-an-hour in the morning, an hour in the evening? It all adds up. Two hours a day is 14 per week, 56 per month. Imagine if you were to spend just half of that revising.

7. Fewer late nights. The worst thing you can do at the weekends is spend the whole night up, and the whole day in bed. Try to get to bed by 12pm at the latest on weekends, and get up early.

8. Divide up work with a friend, then meet up, photocopy each other's notes, teach each other what you have learned.

9. Reading a book isn't studying – it's reading a book. Set a target: 'I will revise this topic for 45 minutes'. Take notes as you go. Put away the books. Do an exam question. Now that's study.

'Nothing worth having comes easy.'

10. Get familiar with the layout of the exam paper. Some papers are tricky and complicated instructions could throw you on the day.

11. Don't cut too many corners. Every year students emerge devastated because they listened to rumours about what was coming up. The truth is anything can come up. The papers are designed to be unpredictable.

12. Record your revision notes on your phone, revise on the move.

13. Practising past exam papers is a very important part of developing good exam technique. Start now if you haven't already.

14. Understand what you're studying – or at least try. Rephrase in your own words when possible. Students who do well in exams don't just vomit up facts, they demonstrate real understanding.

15. Don't talk about what study you're doing and don't listen to other people about what they're doing. Lots of people lie about what they're doing or not doing. The naturally brilliant friend who did nothing but somehow managed a B in the mocks is probably telling fibs about how hard they're working.

'Stay focused on whatever you want to do and don't doubt yourself.'

16. Have something to divert your attention: being solely focused on a few days in June at this stage will fry your brain.
17. Exercise. Don't study any later than 10pm, and if you can find the energy, go for a walk. It releases endorphins in your brain that make you feel good about yourself, and it clears your head after hours of studying.
18. Ask for help. Don't be afraid to ask your teachers for help – they'll be glad to assist. If you need clarification on a topic you're struggling with, then ask them to talk you through it. Don't panic in silence when there's a support network around you.

'Believe in yourself and all that you are.'

Know that there is something inside you that is greater than any obstacle.'

19. Keep the exams in perspective. Exam stress is perfectly normal – in fact, a little bit of stress can be a positive motivator. If you begin to feel frustrated or overwhelmed, step away from the books for a while. Remember...life will go on after your exams.

'It is what it IS but it will BE what YOU make it.'

20. Get plenty of sleep. Rest is good for your brain. Avoid studying till the early hours. Sleep is vital to exam success.

'One small positive thought in the morning can change your whole day.'

21. Eat! Porridge can be perfectly edible with some minor adjustments. Some fast ones include putting chocolate chips, bananas or strawberries on it. This will keep you going all morning. Hunger will slow down your brain.
22. Make sure to wear comfortable clothes with layers you can add or remove – you don't know how warm or cold the exam room will be.
23. When waiting outside the exam room, avoid the temptation to discuss what you've studied with your friends. You'll probably all have studied slightly different things so don't panic each other.

'Somewhere inside of us is the power to change the world.'

24. Just sit/stand quietly outside the room, breathe deeply and avoid looking at your notes. Once inside, read the exam instructions very carefully. Allocate time for each question and keep an eye on the clock.
25. If you don't know the answer to a question, skip it and return to it later. Use your time given to fully complete and revise your answers. And remember – you can only do your best.

'Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.'

Good Luck!

'You are amazing and strong and brave and wonderful. Remember that today.'