



**Revision
and
Exam
Top Tips**

INCLUDED IN THIS BOOKLET IS THE FOLLOWING:

1. Plan Ahead
2. Revision Tips
3. Pamper yourself
4. General Exam Stress-Busting Tips
5. Sleep Tips – how to maintain a good sleeping routine in the run up to your exams AND beat insomnia
6. Prepare for the big day
7. Pace yourself in the exam
8. Perform as well as you can
9. Phew!

PLAN AHEAD

DO

- Have your own revision timetable – start planning well before exams begin.
- Make your books and notes user friendly. Use headings, highlighting and revision cards and get tips on other revision techniques from teachers and friends with experience of exams. You could also consider buying revision guides.
- Take notes of the important points when revising. Try to answer the questions of past exam papers – explain answers to tricky questions to someone else.
- Everyone revises differently. Find out what routine suits you best – alone or with a friend or parent/carer; early morning or later in the day, short, sharp burst or longer sessions, with music or without noise.
- Ask for help from your teacher/Student Support Officer, parent/carer or a friend if there are things you don't understand.

DON'T

- Don't leave revision to the last minute.
- Don't avoid revising subjects you don't like or find difficult.
- Don't forget that there is life beyond revision and exams.
- Don't cram ALL night before an exam.

REVISION TIPS

1. Take regular breaks from revising and do something you enjoy. Research has proven that exercising such as taking a walk can boost your memory and brain power.
2. Don't go to bed late. Getting a good night's sleep will help you much more than trying to revise all night and you won't be tired the next day. Sleep helps your brain to assimilate new knowledge into your long-term memory so that you can recall it when it comes to the exam day.
3. Try to think positively – even if you don't feel like it, a positive attitude will help you during your revision.
4. If you feel nervous before a test, try eating a banana – it sounds strange, but bananas can help to calm down and they release energy slowly (plus it will also help stop you being hungry during the test!)
5. Drink lots of water and stay hydrated. Take some water in to the exam with you. Keeping hydrated by drinking water will help you concentrate.
6. Eat nutritious meals and snacks. This will aid concentration and your memory.
7. Write down important facts on a piece of paper and ask someone to test you (the more you test yourself, the easier it gets to remember things).
8. Spread out your revision over time. This can help you remember what you've learnt, as your brain won't be overloaded.
9. Make a revision timetable. This is a good way to make yourself revise certain topics at certain times. This one may not come as a surprise but you would be surprised at how many students discount the benefit of creating a personal study plan. It will help you to become more productive and motivated each day you approach your revision.
10. Study in a room without a TV and try to turn off your phone and log out of social media sites so you don't get distracted. I bet you don't even realise the number of times you check Facebook, Instagram etc.? When you add it all up together, it amounts to a significant waste of time. It can be hard to detach from your life outside of studying but keeping the end goal and time frame in mind will ease the process.

11. Write something you want to remember on a post-it note and stick it on your bedroom door. This way you will see it every time you leave your room.
12. Start a revision group with some friends on WhatsApp or Facebook. You might have different ways of learning that can help each other.
13. Try to spend some time exercising or doing sports. This can give you energy and help you to stay healthy and focused.
14. Eating dark chocolate can actually help! Dark chocolate has 70% cocoa which fights the stress hormone cortisol and has an overall relaxing effect on the body. It also releases endorphins which act as a natural stress fighter.
15. Let it all out! Sometimes you just need to talk to someone, other times you need to shout it from the rooftop or scream from the top of your lungs. Figure out what you're feeling and then let it out. Speaking to a family member or friend can highlight the bigger picture for you and empower you to rise above the exam stress.

PAMPER YOURSELF

Remember it's important to eat and sleep well.

Put yourself first – this is an important time for you. Try to 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).

DON'T REVISE ALL THE TIME

Make sure you give yourself time each day to relax, taking breaks to do something

GENERAL EXAM STRESS-BUSTING TIPS

BELIEVE IN YOURSELF.

If you prepare for exams properly you will be fine, meaning that there is no need to worry excessively.

DON'T TRY TO BE PERFECT.

It's great to succeed and reach for the stars, but keep things in balance. Do not cause unnecessary stress for yourself. Aim to do your best but do recognize that none of us can be perfect all of the time.

TAKE STEPS TO OVERCOME PROBLEMS.

If you find you don't understand some of the topics you are revising, getting stressed out won't help. Take action to address the problem directly by talking to your teacher or getting help from your friends.

DON'T KEEP THINGS BOTTLED UP.

Confiding in someone you trust and who will be supportive is a great way to alleviate stress and worry.

- Talk to your teachers
- Talk to your parents
- Talk to your friends
- Speak to the Student Support Officer at school
- Childline has experienced staff to support you through your exams 0800 1111

SLEEP TIPS:

HOW

TO MAINTAIN A GOOD SLEEPING ROUTINE IN THE RUN UP TO YOUR EXAMS AND BEAT INSOMNIA

A good night's sleep has proven advantages for memory and performance. A minimum of 8 to 9 hours' good sleep on school nights is recommended for teenagers.

1. Products containing caffeine (tea, coffee, cocoa, chocolate, soft drinks etc) should be discontinued at least 4 hours before bedtime. Caffeine is a stimulant and can keep you awake.

Too much caffeine stops you falling asleep and prevents deep sleep. The effects of caffeine can last a long time (up to 24 hours) so the chances of it affecting sleep are significant. Instead, have a warm, milky drink or herbal tea.

2. Avoid nicotine! At least an hour before bedtime and when waking at night. Nicotine is a stimulant.

Not only is it bad for you BUT it is bad for sleep. Smokers take longer to fall asleep, they wake up more frequently and they often have more disrupted sleep.

3. Avoid eating a large meal immediately before bedtime, although a light snack may be beneficial.

Eating too much or too little close to bedtime may prevent sleep, due to an overfull or empty stomach. This can be a cause of discomfort in the night.

4. Try to do regular (even mild) physical exercise if you are able, but avoid doing this in the 2 hours before bedtime.

It's official!

Regular exercise helps you sleep more soundly, as well as improving your general health.

Moderate exercise on a regular basis, such as swimming or walking, can help relieve some of the tension built up over the day. Make sure that you don't do vigorous exercise too close to bedtime, however, as it may keep you awake.

5. Try to relax before going to bed.

Have a warm bath, listen to quiet music or do some gentle yoga (stretching) to relax the mind and body.

6. Write away your worries.

Deal with worries or a heavy workload by making lists of things to be tackled the next day. If you tend to lie in bed thinking about tomorrow's tasks, set aside time before bedtime to review the day and make plans for the next day. The goal is to avoid doing these things when you're in bed, trying to sleep.

7. Create a restful sleeping environment and keep your bedroom calm and tidy.

Your bedroom should be kept for rest and sleep.

8. Avoid making your bedroom too hot or too cold.

Temperature, lighting and noise should be controlled so that the bedroom environment helps you to fall (and stay) asleep.

9. Keep the bedroom quiet and darkened during the night, but try to spend some time in the daylight (or bright artificial light) during the day.

Keep it as quiet and dark as possible.

10. Keep your bedroom mainly for sleeping; try to avoid watching television to the radio, or eating in your bedroom.

Your bedroom should be a relaxing environment. Try to avoid watching TV, using your mobile phone/tablet whilst preparing to go to bed or once in bed. These gadgets will act as a stimulant and make it hard for you to fall asleep.

11. Try to keep regular times for going to bed and getting up.

***Having a routine can actually help you to fall asleep quicker and easier.
Going to bed and getting up at roughly the same time every day will programme your
body to sleep better.***

12. Don't worry in bed.

***If you can't sleep, don't lie there worrying about it. Get up and do something you find relaxing
until you feel sleepy again, then return to bed.***

PREPARE FOR THE BIG DAY

- Have a good breakfast.
- Make sure you 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 for each exam, including extra pens and pencils.
- Take in a bottle of water and tissues.
- Go to the toilet beforehand!

IF YOU FEEL REALLY ANXIOUS, BREATHE SLOWLY AND DEEPLY
WHILE WAITING FOR THE EXAM TO START

PACE YOURSELF IN YOUR EXAM

READ THE INSTRUCTIONS BEFORE STARTING THE EXAM.

ASK THE TEACHER OR EXAM INVIGILATOR IF ANYTHING IS UNCLEAR.

READ THROUGH ALL THE QUESTIONS BEFORE STARTING WRITING, AND MAKE SURE YOU ARE CLEAR 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. YOU CAN ALWAYS COME BACK TO IT LATER. IF YOU ARE REALLY STUCK, TRY TO HAVE AN INTELLIGENT GUESS ANYWAY.

LEAVE TIME TO READ THROUGH AND CHECK YOUR ANSWERS BEFORE THE EXAM FINISHES.

PLAN HOW MUCH TIME YOU WILL NEED FOR EACH QUESTION.

PERFORM AS WELL AS YOU CAN

Knowing that you've done your best may help you overcome feelings of letting anyone down.

Don't go through the answers afterwards with your friends if it is only going to make you more worried.

Try to put your last exam out of your mind and look ahead to the next one. You can't go back and change things.

YOU'RE YOU, SO YOU CAN ONLY DO THE BEST YOU CAN ON THE DAY!

PHEW!

Exams over? Pat yourself on the back – it's time to relax and forget about them.

If you did well – CONGRATULATIONS!

But remember, there's life beyond exam results. Disappointing grades are not the end of the world, even if it does feel that way at the time. You might decide to resit, and in any case, there will be lots of other opportunities to express yourself and succeed later on in life.

EXAMS ARE IMPORTANT – BUT THEY ARE NOT THE ONLY KEY
TO A SUCCESSFUL FUTURE.

REMEMBER WE ARE PROUD OF YOU!



'I have come that they may have life and have it to the full'

John 10:10