

# Exam Success!

What does it take?



**A motivated student sets goals and works towards them.**



# Planning

**Organise a revision timetable.**

**Analyse all of your subjects by topic and decide how many hours you will need to spend on homework and revision.**

**If your revision is active you can learn more effectively.**



# Environment

**Finding a place that is conducive to study:**

**Tidy and undisturbed**

**Comfortable**

**Room for your books and stuff**

**Well lit**

**Pens, pencils etc all to hand**

# Committing Information to Memory

It appears that on average we remember:

20% of what we **read**  
30% of what we **hear**  
40% of what we **see**  
50% of what we **say**  
60% of what we **do**

**BUT**

90% of what we **read, hear, see, say and do!**

# Active revision techniques

Simply reading through work is a **VERY POOR** way of remembering it. Very little stays in your head.

- Summarise points on revision cards and post-it notes.
- Use mnemonics
- Make mind maps/spider diagrams; stick them on the wall
- Repeat list or processes over and over again.
- Record notes and play them back
- Set yourself questions from your notes
- Explain work to a friend or parent
- Get someone to test you
- Try the activities on the Bitesize videos
- When you feel you are ready, practice exam questions



**KEEP  
CALM  
AND  
DO  
REVISION**

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# Stress

**What can be done to control test anxiety?**

- **Be well prepared**
- **Ensure you are getting enough sleep**
- **Avoid caffeine and other stimulants**



- **Exercising will help stress**
- **Anxiety is contagious – avoid others who are talking anxiously about the exam.**
- **Think positively – “I can do ok on this exam”, “I have studied and do know my stuff”.**

- **Get everything you need for the exam ready the night before**
- **Get up in plenty of time and get to the exam in good time.**



**S U C C E S S**