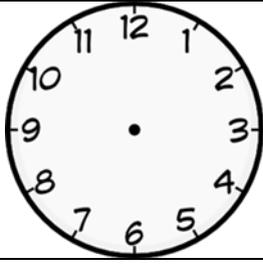




**I've revised and I'm  
ready for tomorrow's  
exam... What should I do  
now?**



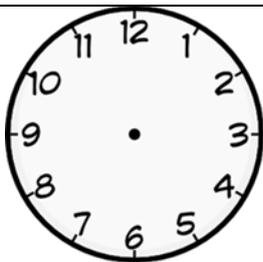
**Preparing for exams and beyond.....**



## The night before the exam

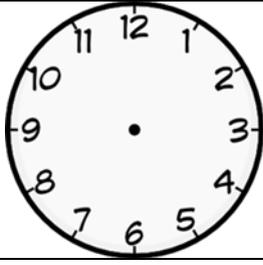
- Pack a clear plastic bag or clear pencil case (at least 2 **black** pens, pencil, rubber, sharpener, ruler). Also a calculator (no case) for all science and maths exams (when allowed); wrist watch and a clear plastic bottle of water with the label removed.
- **Double check** the subject, time and room for all exams. Jot them down so they are handy in the morning.
- Read any **summary/key notes** briefly. Go to bed reasonably early; a bit of exercise (walk/jog) before this may help.
- Remind yourself what to expect by reading the instructions on any mock papers you have done.
- Eat a balanced meal - carbs and protein needed.
- Avoid **all** social media and texting. You don't need it!
- Set your alarm (in 2 places!), relax and sleep well. Nothing is gained from worrying.

[A specific tip for A Level Modern Foreign Language exams: don't do last minute revision. Instead go over the next day's timings. Check your discman and ensure all essential features work. Have you spare batteries and headphones?]



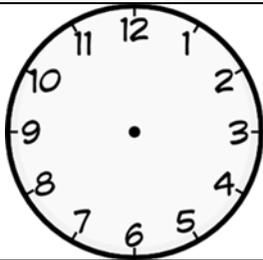
## The morning of the exam

- Get up a little earlier than normal.
- Make sure you are wearing full school uniform.
- Eat breakfast - this is not optional. Research says it improves concentration. Eggs great; toast or weetabix fine; coco pops only at a push... One cup of tea or coffee would be good and a glass of water.
- Look at revision cards briefly over breakfast.
- Put your watch on, collect clear pencil case, tissues and water.
- Take a good packed lunch if you have an afternoon exam.
- Check again, the time and venue for first exam.
- No texting or social media.
- Leave home a little earlier than normal - you should arrive 10 minutes before the start of your exam.
- If there is a breakfast revision session running, do attend.



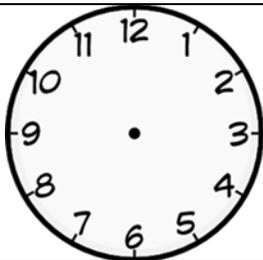
## Just before the exam

- Go to the toilet.
- Avoid stressing, or talking to friends whom you know to be panickers!
- Keep calm - tell yourself, "I know this and can do this." Mean it!
- Switch off your phone and hand it in.



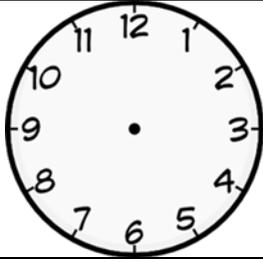
## Before you are allowed to open the paper

- Check you have the correct paper (subject and H or F tier) and can see the clock/your watch. If not, ask an adult in the room.
- Put your name on the paper.
- Read all of the information on the front of the exam paper.
- Check you know what sections to answer; how many questions and how long to spend on each question.
- Remember: you do not have to do the questions in order. Maybe go through and do the ones you can do easily first.
- Remember: where you have questions with diagrams, they should be large and fully labelled.



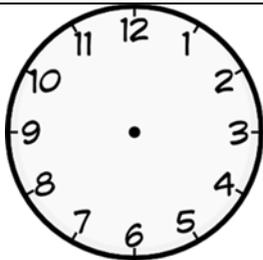
## The first few minutes of the exam

- Pull out your data/formula sheet if you have one.
- Glance through all questions and tick the easier ones you know you can do - aim to do these first.
- If the exam is in sections, note the time you should finish each section.
- Check where the last question is.
- Keep calm - deep breaths. Remind yourself and mean it - I know this and can do it.



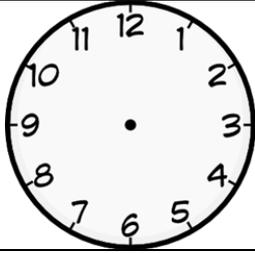
## During the exam

- Keep an eye on the time.
- Read the question and be sure to answer the question asked. If there are 2 marks, state 2 clear points.
- Always leave enough time for the big mark questions. Don't waste time thinking too long about a 1 -2 mark question when you have other longer questions still to answer.
- Highlighting key words can help to make sure your answer demonstrates what is required. Eg *explain, describe...*
- Ensure you read all information in a question. Often, the answer is given in some of the writing with the question. So read it!
- Regularly refer back to the question - especially for extended questions.
- In Maths and science exams always show any workings out: you will gain marks for this even if your final answer is incorrect.
- If you are stuck, move on from the question and come back towards the end. If in doubt, go with your first gut response.
- If time has run out, then quickly bullet-point an answer.
- Never leave blank questions.



## If you finish the exam early.....

- When you have completed go back through the exam paper again.
- Go back through a third time and answer any questions that you have struggled with.
- Check spelling and specialist terminology.
- If you still have time add any point that may give you additional marks. Remember one mark may change a grade!
- Keep checking until your time is up. It is easy to put your head down when you have finished: do not do this; you only have one chance in this exam.

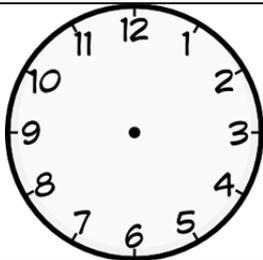


## With 5 minutes to go

- If you have missed a long question, quickly bullet point the answer.
- Check you have answered any questions on the back page.
- Check you have answered every single question - never leave a blank.
- Check spellings and look for the silly mistakes you always make.
- Add key terms to those longer answers.

[In maths and science exams, check units, the number of significant figures and whether you have used the correct formula.]

Finally - check your name and candidate number is on every bit of paper you hand in.



## After the exam

- **Do not** check the internet for answers and don't talk to other students about the exam.
- **Do** - move on and think about your next exam.



If in doubt:

**RBQ** (Read the Bloomin' Question) and then **ABQ**  
(Answer the Bloomin' Question...)!)