

10 Top Tips on how to Smash Exam week (and how learning works in general)



Tip	Resources you might need
<p>1. Plan – don't cram. Make a calendar from now until the exams Little and often - plan 20-30 min sessions then take a break (pt 10)</p> <ul style="list-style-type: none"> • Write in all the times you can revise. Be realistic. • Make a list of the topics that are coming up • Try to be finished days before your test • Timetable them into the days available 	<p>Lined A4 paper is all you need Available from WHSmiths or your teacher if you ask nicely Showmyhomework should have your test calendar ready for you</p>
<p>2. Resources Make sure you have the revision guides, CGP ones are great. Make sure you have the lists from your subject teachers of what is coming up</p>	<p>See subject list for full details of all resources for revision Exercise books from y7 (if you have them still),</p>
<p>3. No distractions. When you are working, work. no Whatsapp, no Instagram, no internet. NOT in-front of the TV, no radio, hide your phone. The REAL assessments are in silence with no notes or distractions. Make an Exam hall at home. If you are lucky you might have a desk, if not then any space will do away from distractions.</p>	
<p>4. SMASH the illusion of knowledge Find out what you need to know. Test yourself DON'T "GO OVER" YOUR NOTES! DON'T "READ" YOUR NOTES! See tips 5-9 for how to test yourself</p>	
<p>5. NEVER copy notes Try to compress revision pages and notes onto an A4 side using illustrations like graphs, quotes, mindmaps, diagrams, whatever you do don't copy. Ever. It's pointless. Also don't make your notes really pretty. Also pointless. Keep it neat, but keep it quick.</p>	<p>A4 plain paper Well stocked Pencil Case Plastic wallets Folder</p>
<p>6. Flashcards Flashcards have detailed info on one side and a prompt on the other. Look up Leitner's box method (similar to "Cram" App)</p>	<p>Flashcards – see library for prices Flashcard box – or just several tubs/sandwich bags. Apps like</p>
<p>7. YOU NEED Questions AND their answers! Either find the questions and answers (teacher or online or books) OR Write the questions yourself using exercise books. Revise. Leave it at least 20mins Answer the Qs, mark the Qs, repeat.</p>	<p>As your teacher for these questions Write your own lists of questions</p>
<p>8. Use memory techniques to keep the facts in order</p> <ul style="list-style-type: none"> • Mnemonics' work really well • Mind palaces work well 	<p>Post-it notes Knowing your local café really well</p>
<p>9. It's not going to be easy, but it is going to be worthwhile. Make it difficult for yourself. Mix it up. E.g. Test yourself on History and Maths at the same time, test yourself on everything you have revised so far before starting anything new.</p>	<p>Resilience. Support "Success is picking yourself up one more time!"</p>
<p>10. REST is an important as work Sleep take 20 minute naps between sessions Don't watch TV as a break. It won't distract enough Don't plan to take 20 minute X-Box breaks – you know it will turn into a 4 hour epic DO – read a great book - Harry Potter recommended! DO – learn a new skill – rubix cube – juggling – guitar? DO – Run – gym – squash – ride – you get the idea</p>	<p>Juggling balls Rubix cube Water to stay hydrated (mix 50:50 juice:water for ultimate hydration) A book you love A hobby you love Alarm clock (early birds can rest in the evenings!)</p>