

Exam techniques and tips

Before the Exam – Preparation Stage

- Start early: Begin studying well in advance to reduce stress and increase knowledge.
 - Practice past papers: Familiarise yourself with the exam format and types of questions.
 - Teach or discuss with someone else: Explaining concepts to others can help you learn.
 - Make summary notes: Condense topics into bullet points, mind maps, or flashcards.
 - Stay healthy: Get proper sleep, exercise, and nutrition. Your brain needs fuel!
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On Exam Day – Before You Start

- Get a good night's sleep: Rest is more beneficial than last-minute revision.
- Arrive early: Give yourself time to settle in and reduce any anxiety.
- Bring the essentials: Pens, calculator (if needed/allowed), ID, water, etc. check with your school/college what equipment you will need for each exam/paper.
- Stay calm: Do deep breathing if you're nervous.
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During the Exam


- Read instructions carefully: Don't lose marks by missing requirements.
- Scan the paper first: Get a sense of the layout and plan your time.
- Time management: Allocate time for each section or question. Stick to it!
- Don't dwell too long: If you feel stuck on a question, move on and return if time allows.
- Use all the time: Recheck answers if you finish early.
- Watch for keywords: Like “**explain**,” “**compare**,” or “**justify**”—they tell you what's expected.

Month by month exam tips


May – June: Exam Season


 Revise in the **mornings**, rest in the evenings, have a revision timetable planned.

 Focus on **exam technique**: command words, structure, timings.


 Eat well, sleep well, and stay calm before each exam.


 Go over key points the night before.


 Pack essentials (pens, calculator, ID, snacks, water) the night before.


 In the exam: stick to your time plan, show working, and attempt everything.

June – July: Post-Exam Wind Down

 Chill – you earned it! Reflect on what worked for future reference.

 For A-Level/GCSE leavers, know when your results day is and how appeals work.

 Store your notes - If you're done with a subject, file your notes or pass them on to someone else.

 Celebrate yourself - Seriously, you've just made it through a stressful part of life.

Useful links:

<https://www.gov.uk/government/collections/resources-to-help-with-test-anxiety>

<https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/tips-on-preparing-for-exams/>

<https://www.bbc.co.uk/bitesize/study-support>

<https://www.bbc.co.uk/bitesize/groups/cd5exmm663et>

<https://www.bbc.co.uk/bitesize/articles/z29nhcw>