

Exams? What exams?



Exams – There is no avoiding them

- The better you prepare for your exams, the better you will do.
- What we learnt from the dialogues...
- Revision has been proven to work. If you want to do well you will have to revise thoroughly.
- You all want to do as well as possible in your exams. It is simple.....

Revision is the Key



Find what works for you

- What works for one person won't for another
- Practice different revision techniques and find which one works for you



Good revision practice.

- Plan it in advance – Create a revision timetable for the coming week with what you are going to revise each day and for how long.
- Divide the time up between all your subjects.
- Don't just focus in on what you enjoy and are good at. Focus on what you find hard.
- Give your brain regular breaks. Revise in small chunks. For example, revise for 40 mins and then take a 20 minute break.
- Eat and drink well and get regular exercise.
- Give yourself plenty of sleep!

Revision's biggest enemy



- By far the biggest distraction from revision is your phone
- Having it on the desk with you will constantly distract you. You can say it won't but you know this is not true.
- Try leaving it in another room whilst you revise.
- Give your phone to your parents and tell them to not return it until you have done a set amount of revision.
- Install an app such as Focus Lock, Flipd or Forest. You can set a time you want to revise for and they will disable your phone for this amount of time.

Support from the school

- Lessons
- Revision Clubs
- Past Papers
- Drop in sessions
- Seneca / GCSEPod
- Revision Days
- Breakfast Sessions
- Your Teachers

How much revision?

- There are 3 months until the first exam
- If you haven't started yet then now is the time to begin
- You should be doing 10-15 hours in a regular school week right now.
- This should obviously increase as we near the exams
- Think about how much you will do each day during half term and over Easter