

TIPS FOR EXAM SUCCESS



COPING WITH PRESSURE

- Start early enough to spread the load.
- Concentrate on the positives, reward yourself when you have:
 - Tackled a difficult topic
 - Asked for help from your teachers
 - Understood a difficult subject/topic
- Exercise takes your mind off work, gives you a well earned break and makes you feel fresh and ready to do more.
- Listen to music without lyrics during revising.
- You are not the only person feeling stressed, talk to your friends, family and teachers about how you are feeling.
- Give yourself something to focus on, like a holiday, or a particular job or college place you would like to get when you have done well in the exams.
- Don't panic, kept things in perspective, the exams are only a short time period in your life so make the most of them



ADVICE FROM PREVIOUS STUDENTS

- Planning a revision programme makes you feel less nervous and more organised.
- Revise your weaker subjects more than your strong ones.
- Revise for the exams you have first, not the ones you like the most.
- Do not listen to your friends about the amount of revising they have or have not been doing, do your own thing.
- You cannot revise what you can't understand.
- Don't write all you know on a topic in the exam - the examiner wants to know if you understand and can discuss a subject.
- Don't overdo the revision all at one time - come back to difficult topics at a later time.
- Talk to your teachers about ways to revise. There are many different ways to do this and what suits one person may not suit another.
- Go to after school revision sessions.

16% OF YOUR WEEK IS SPENT IN SCHOOL, ARE YOU USING THE REMAINING 84% WISELY?

“THE HARDER I WORK, THE LUCKIER I GET”

THOMAS JEFFERSON



THE KING'S SCHOOL

Mill Hill Lane, Pontefract,
West Yorkshire, WF8 4JF
t: 01977 601701 | e: admin@kings.patrust.org.uk
kings.patrust.org.uk