

Exam Preparation, A guide to a better me!



**KEEP
CALM
AND
STUDY FOR
EXAMS**

1. Healthy Me!

- Are you drinking the recommended 2 litres of water a day?

- Staying hydrated helps the body function and helps maintain concentration.

- Dehydration leads to tiredness and anxiety.

- *Make sure you have a bottle in your exam!*



- Are you maintaining a balanced diet?

• Fruit, vegetables, protein and starch carbs (pasta, bread, potatoes) help provide slow release energy and helps us focus.

- *Fuel your body and never miss breakfast!*



- Are you sleeping enough?

- Research suggests young adults aged 14-18 should be sleeping for a minimum of 8 hours and a maximum of 10 hours a night. Sleep helps memory recall, maintain energy levels and improve your mood.

- *Have a set bedtime!*

2. Organised Me!

- Have you created a exam revision timetable?

- Create a timetable with allocated time to study your different subjects and include short breaks so the brain can refresh, this helps us maintain focus which means the revision is pro-active.

- *Research says that a humans' concentration will drastically drop after 45 minutes, therefore break for 5-10minutes after every 45 minutes of proactive revision!*

- Prioritise sixth form.

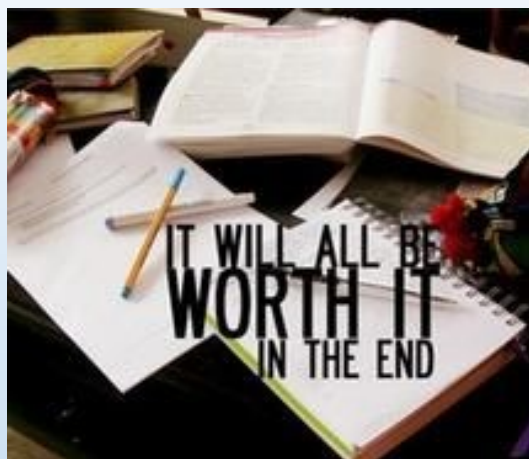
- During exam season prioritise sixth form over anything else (work/social life/out of school activities) so you don't become distracted by other things.

- *We are all entitled to book holiday at work-use it during exam season!*

3. Motivated Me!

- Are you thinking about the end goal?
 - The end goal is also in sight whether this is to go to university, begin an apprenticeship or start a full time job.

- Through the tough times remember this and it will help you power through the revision.



- Are you setting SMART Targets?
 - Smart, measurable, achievable, realistic and time-bound targets will help to motivate you for revision.

- Having a motivated mind will improve your academic performance.

- Are you ready to show people what you're capable of?

- Strive for the sense of achievement and pride.

- Prove your critics wrong!

“When you prove your critics wrong. That is the biggest success”

Michael Lo Sordo

4. Calm Me!

- Are you allowing yourself time to switch off and have time away from school work?

- This is essential when it comes to exam season, take some time to chill and relax; carry out your hobbies such as reading books, watching TV, going out with friends and family or using social media.

- Exercise helps to decrease stress as endorphins (happy hormones!) are released when we exercise which triggers a positive feeling in the body.

- Take timeout to refresh you brain!

- Are you talking to people? (friends, family and teachers)

- Finally talk to the people you are closest to, confide in them and get things off your chest. This will help your preparation for your exams.

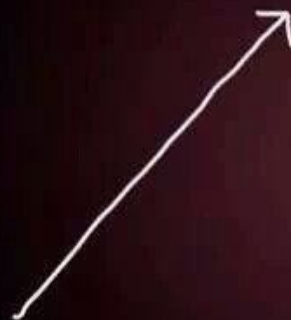
- Don't be quiet or hide away!

Useful Websites

- <http://www.bbcgoodfood.com/howto/guide/eating-exams>
- <https://www.reading.ac.uk/internal/studyadvice/StudyResources/sta-preparing.aspx>
- <http://www.wikihow.com/Prepare-for-an-Exam>
- <https://www.examtime.com/blog/smart-goal-setting-students/>
- <http://www.thestudentroom.co.uk/>
- <http://www.mind.org.uk/information-support/tips-for-everyday-living/stress>

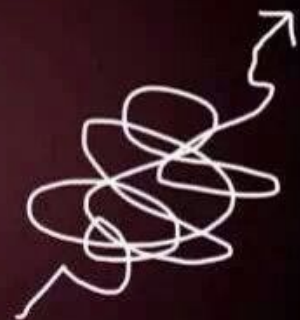
NOTHING IS
IMPOSSIBLE
the word
ITSELF SAYS
I'M POSSIBLE
-AUDREY HEPBURN

SUCCESS



**WHAT PEOPLE THINK
IT LOOKS LIKE**

SUCCESS



**WHAT IT REALLY
LOOKS LIKE**