

Revision Digest - Issue 6

Bishop Stopford School

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Over the past 5 weeks we have focussed on hints; and tips to help plan revision; the most effective ways to revise; how parents can help and what online resources you can use to help you.

Today we are going to focus on mind set and what you should do in exam season, the day before or the morning before an exam to help you approach each exam in a positive mind set ready for success.

1. Use your time wisely

The few minutes before you switch off the light at bedtime is a fantastic time for memorisation. Learning before sleep significantly improves memory retention - so when you're tucked up in bed, have a quick read through the most important facts, equations or vocabulary. Then switch off.

2. Resource ready

Get your clear pencil case, black pens (plural – not just one!) and everything else you need for the exam ready the night before. The last thing you want is to be scrabbling around for pens on the morning of the exam making you late and feeling stressed.

3. Eat a great meal

Make a special effort to eat a decent meal. Many guides suggest 'brain food' such as nuts or oily fish, but this may not be the most enjoyable. The night before an exam eat a meal that you'd have if you were celebrating and wanted to spoil yourself, such as steak and chocolate tart. It'll make you feel happy and give you a boost ready for the next day.

4. Chill

Do something fun like watching a comedy programme, having a kick about or fiddling around with photos on Instagram. Laughing will relax you, lower stress and help you get a good night's sleep.

5. Wake Up!

I can't stress this one enough - set an alarm! Set two! Get a family member or friend to check you're up if you're still worried. Just make sure you get to the exam in plenty of time.

6. Stop

In the morning, eat a proper breakfast and go over your most important facts before you leave the house. Then again on the way to the exam. When you arrive at the exam hall, stop using your brain. If you don't know your stuff by now, you never will! Too much last minute cramming minutes before, can send your brain into a spin.

7. Make use of space

When in the exam room, sit comfortably and spread out. It's proven that when we physically make ourselves larger, by spreading our arms or leaning back on the chair, this releases a type of hormone which makes you more confident. It works - I promise!





8. Drink – just not too much

Don't drink too much water, a sip every hour is all you need. Dehydration is not going to be a problem during the exam, but drinking many pints of water and needing a toilet break every five minutes is. The sip is just for a quick diversion to give your brain and hand a breather.

9. Don't follow the herd

Finally, everyone is different. Some people like to be on their own around exams, others blare motivational music from their earphones. Maybe you're someone who likes to wear your favourite pair of socks for luck. Do whatever puts you in the best frame of mind and you'll be set up perfectly to ace the exam.

Good luck!