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**STUDENT EXAM TIPS
AND PREPERATION**

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STUDENT EXAM TIPS & PREPARATION



There is no such thing as being 'too prepared, especially when it comes to exams. Thinking about exams sooner rather than later can make all the difference when it comes to revision, and can have a positive effect during tests. Not only will you have more time to study but you'll be able to adopt a more balanced approach to revision, set clear goals and plan out study sessions well in advance.

4 THINGS YOU CAN DO MONTHS BEFORE EXAMS



Set Yourself Goals

Write down the subjects you are studying and what grades you want to achieve. You can plan out your study sessions effectively and keep track of the progress you're making.



Understand Your Learning Style

We all learn in different ways so try to identify which style of revision is most effective for you. This will help you remember and recall information much easier.



Create a Realistic Revision Timetable

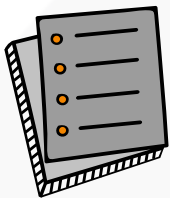
Build and plan a study schedule that is going to work for you and is also realistic. Finding a balance between study and leisure will make revising much more enjoyable and achievable in the long run.



Practice Makes Perfect!

Practicing using mock exam tests is a great way for you to become familiar with the format, question style and how it feels to work under pressure and time constraints. You can also identify areas which you may need to work on!

WHAT TO DO THE DAY BEFORE AN EXAM



Make A Checklist The Night Before The Big Day!

The night before an exam write down a list of everything you will need and then place all the items so you are 100% sure you won't forget the next day!

1. Pens
2. Pencil
3. Calculator
4. Pencil Case
5. Highlighters
6. Pencil Sharpener
7. Ruler
8. Eraser
9. Wristwatch
9. Laptop & Charger (devices)



Get A Good Nights Sleep

This is very important as you don't want to be exhasuted on the day of a test. Avoid studying too late. Set a bedtime and then gradually wind down to it. Don't use your phone in bed!



Get A Good Breakfast

Eating a good breakfast will replenish your supply of nutrients to boost your energy levels and alertness and will also help with your memory and give you better concentration levels.



Practice Staying Calm

Practice deep breathing, this will help to relieve anxiety and keep you calm. Breathing out, (I calm my body), breathing in, (I smile) - Repeat 3 times.

Work to do good while you can, and then laugh eternally.

(Rumi Mathnawi I, 978)

STUDENT EXAM TIPS & PREPARATION



Exam stress can affect most students in a number of ways. It is important to manage this stress and remind yourself of ways to stay calm, relaxed and most importantly, prepared for the tasks ahead.

4 THINGS YOU CAN DO TO RELAX



Take Regular Breaks

Allow time for study breaks. Schedule in 20-minute breaks during your revision day. Plan something fun so you can look forward to a reward once you have completed your tasks for the day.



Exercise & Get Outdoors

Fresh air can do you wonders whilst revising. Clear your head and do an activity. Exercise is known to boost your mood and will help you feel refreshed once you come back to revise next time.



Speak To Someone

If you feel overwhelmed, and it is affecting your day, try to speak to someone about your concerns. Open up to a family member or a friend about your troubles or the points you are concerned about.



Don't Compare Yourself

It can be helpful to discuss topics with fellow students but try not to compare other peoples' revision to your own. Chances are, you are doing just fine and so try not to worry about others. Focus on yourself!

WHAT TO DO DURING AN EXAM



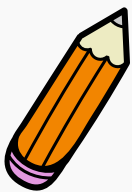
Read Each Question TWICE

Read the question and then read it back to yourself. It is easy to mis-read a question when under pressure!



Check The Clock!

If you have 60 mins for the test and there are 12 questions you can plan your time accordingly to make sure you stay on track.



Underline Key Parts of Questions

Highlight key parts of question. As you answer the question, go back to the question and make sure you are actually answering it directly.



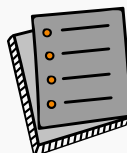
If You Get Stuck, Move On!

If you get stuck on a question move on as you might find the answer while tackling the next question or another topic which may jog your memory.



Have You Answered All The Questions?

Be sure to re-visit each page to make sure you haven't missed an entire section by mistake.



Have You Written What You Meant?

Check that the answer on the paper is what you actually meant to say and that it makes sense.

GOOD LUCK!