A Guide to Exams and Revision

Key Stage 3

'PERSTARE ET PRAESTARE'

Enniskillen Royal Grammar School

Name_____ **Class**_____

Introduction

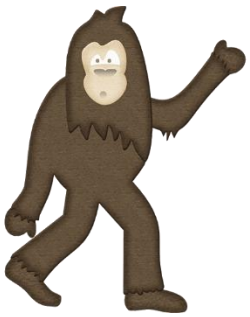
At this time of year pupils in all schools are preparing for examinations or ‘exams’ for short!

While at school, those exams might be *end of year exams* (Years 8-10), *Module exams* (Year 11), *GCSEs* (Year 12), *AS* (Year 13) or *A2* (Year 14) *exams*.



Exams may not stop after you leave school as you may go on to higher or further education where exams will still play a role.

In May and June, university students are also trawling through their notes in preparation for their *end of year exams* or even more importantly their *finals* (the very last exams that they sit at university which leads to them getting a degree).

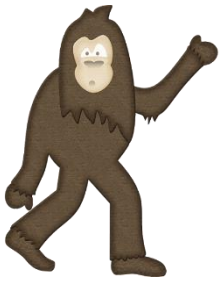


Discussion Time

Your teacher will explain about each of the different types of exams mentioned above.

What comes into your mind when you hear the word ‘exams?’





Discussion Time

Were the comments in the ‘think bubble’ positive or negative?

Explore these thoughts with your teacher and peers.

Why do you need to sit exams?

Exams help you to develop skills such as self-discipline, time-management, prioritising, etc.

School exams prepare you for future exams such as GCSE and A-Levels.

Exams help teachers assess the skills that you have developed.

Exams allow the teacher to measure your progress.

Exams help to keep you motivated to continue learning.

Exams allow the teacher to assess knowledge and understanding of what you have learned throughout the year.

Exams allow the teacher to report back to your parents on your progress.

Exams help you manage your emotions, for example, helps you to learn how to deal with feelings of nervousness that some pupils may associate with exams.

We feel a great sense of achievement and reward when we do well in exams.



How do you approach exams?

Regarding exams you can take one of two approaches…..

EITHER……**YOU** take control of the exams



OR**…….**the **EXAMS** take control of you!





Take Control

It is really important that ***you*** take control of the exams by doing a few simple things that will help you to get through your exams successfully.

What do you need to do to take control of the exam situation?

1) Prepare thoroughly by revising

2) Look after your physical health

3) Look after your mental health



Prepare thoroughly by revising

You might be asking yourself, '*How do I revise?*'

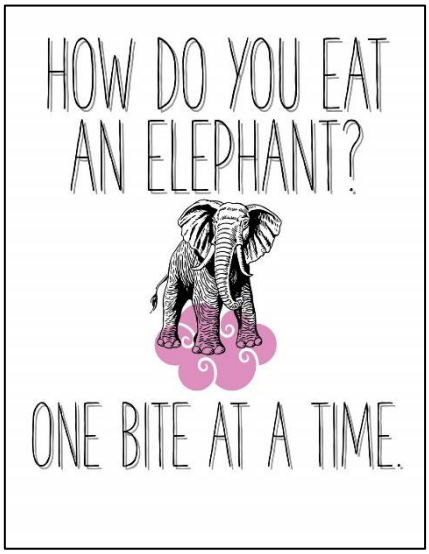
Those who have been through exams will tell you just how difficult (and tiring) the exam period can be but we know that revision is a **really** good use of your time, even if it looks a bit daunting. And if it's worth *doing*, it's worth doing ***right***. To give you a gentle nudge in the right direction, check out some of our top tips below:

1. Make sure you know what topics to revise for each subject

Ask your class teacher if you are not sure and ask if there is a revision list available for that subject.

2. Start revising early

— i.e. **weeks**, not days before the exam.



3. Plan your revision using a timetable

Planning out your revision means you can spend more time revising and less time worrying you've forgotten something.

You might well be asking yourself how you are going to tackle the mountain of revision that you have to complete for each subject? This is a very realistic question, but we have the answer!

I am sure you have heard the saying **'How do you eat an elephant?'** Well, the answer is 'one bite at a time!'

Now relate this saying to your revision - you break the mountain of revision down into small, manageable chunks and before you know it, you will have made progress!

Examples of revision timetables are on pages 13 & 14. Choose one that suits you ***or design your own during Tutor Time or in your PD lesson.***

4. Don't avoid subjects you find hard or dislike

You might have heard the **saying 'Eat the ugly frog first.'** Well, if you relate this to your revision it means that you should schedule the subjects you find difficult or dislike early on in your revision timetable. Otherwise, you will keep putting them off and ultimately you will not overcome the perceived challenges and in turn your grades in such subjects will be lower.



5. Revision should be 'little and often'

It is advisable to revise for short periods of time and do this often as it can be rather daunting to sit down and imagine that you will be able to concentrate for hours without a break.

Ideally, revise for 20-30 minutes and then have a short break – maybe reward yourself with a 10-minute walk before going back to revise for another 20-30 minutes.

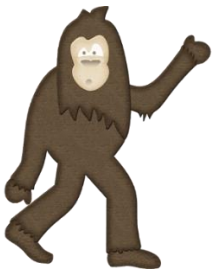


6. Make your revision active

Don't just read over your notes. Make flash cards, mindmaps or use post-it notes.

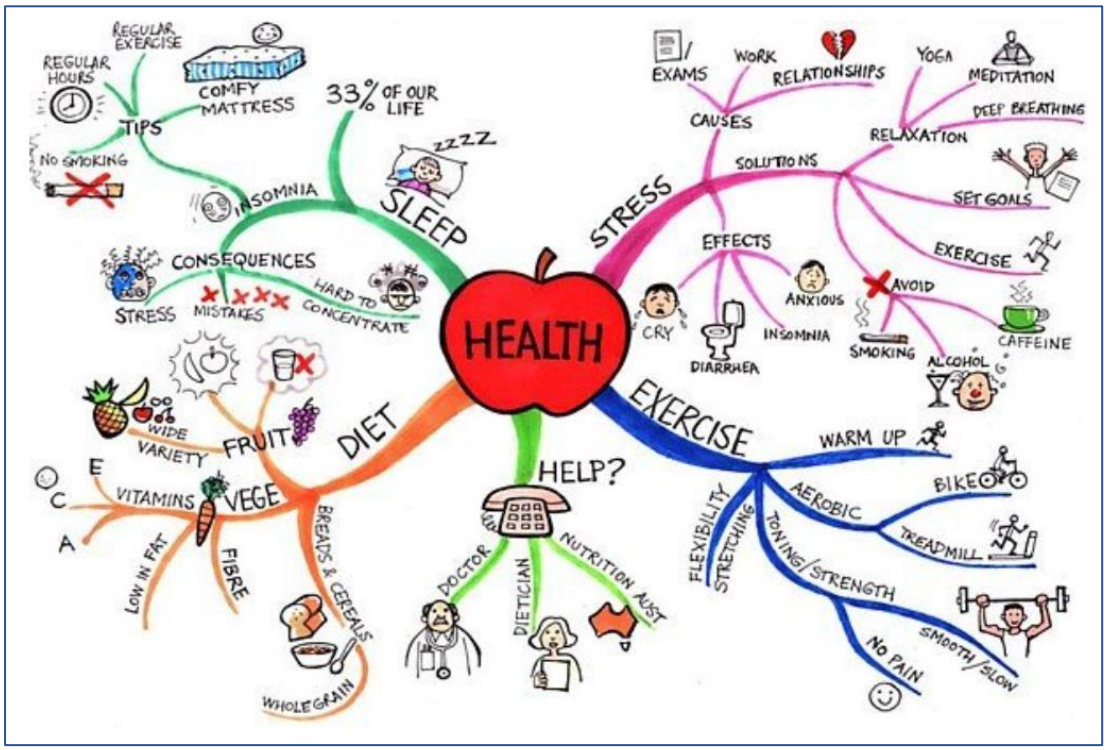
Watching videos online helps to make your notes come alive, for example, you could watch a science experiment that you have seen done in class to help you remember the details.

During PD lesson choose a revision topic for the whole class with your Tutor and then each pupil go off for 10-15 minutes and make notes on that topic. Then come back together and share your strategies, for example, mindmap, rap, song, mnemonic, etc



Discussion Time

Example of a mindmap



Example of a mnemonic



7. Don't spend ages making your notes look pretty

This is just wasting time. For diagrams, include all the details you need to learn, but don't try to produce a work of art.



8. Set up a nice, tidy study space

You'll need somewhere with good lighting, your pens close by, your **phone out of sight and your TV unplugged**. Try not to revise on your bed, or you'll be dreaming of pink igloos and elephants before you know it.



9. Stick revision notes all around your house

So in the exam you think, "Aha, the names of the planets, they were on the fridge..."



10. Keep your phone and other distractions away

Phones are great, but they're a real distraction.
Heed our warnings and stick it in a drawer
while you're revising or leave it in another room.



11. Ask the expert

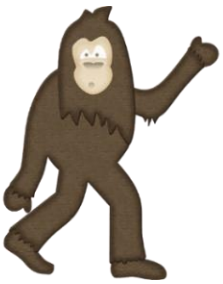
If there is something that you come across in your notes that you don't understand, make a note of it and ask your class teacher the next day or send him/her an email to ask for help or further explanation.



12. Reward yourself!

After a good evening's revision, reward
yourself with something small but enjoyable.





Discussion Time

Ask your Tutor and peers if they can add any additional revision tips.

Look after your physical health

Sleep and eat properly

Sleep is more important than you'd imagine — it helps your brain store all the juicy information you've learned throughout the day. Drinking plenty of water and eating healthy foods will also boost your concentration throughout the day.





Set aside time to do fun things — don't turn into a revision zombie

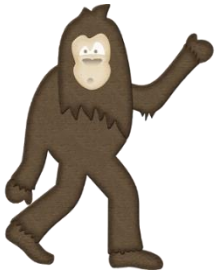
Don't totally stop yourself from having fun. This will help you stay motivated, relax, and allow you to get out and get some exercise. Go for a walk or a run, play football or rugby and enjoy some fresh air outside.





Look after your mental health

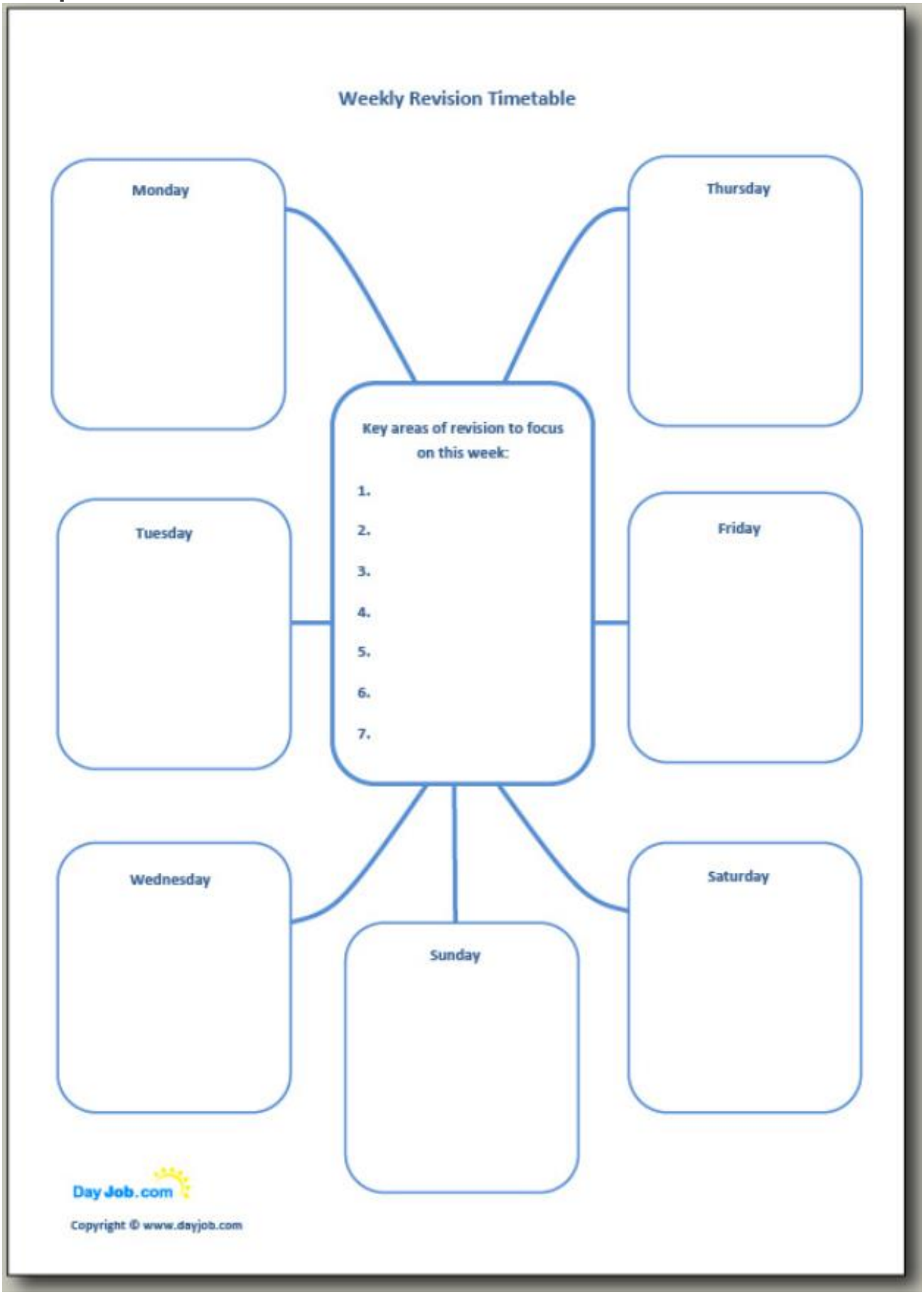




Discussion Time

With your Tutor and peers, talk about how you could look after your physical and mental health in the weeks leading up to the exams and during the exams.

Sample Revision Timetables



Weekday Evening Revision Timetable

Day	4pm	5pm	6pm	7pm	8pm	9pm	10pm
Mon							
Tues							
Wed							
Thurs							
Fri							

STUDY TIMETABLE



Mon	Tue	Wed	Thu	Fri	Sat	Sun

Exam Timetables – June 2021

YEAR 8 EXAM TIMETABLE & INSTRUCTIONS

	9am - 10.45am	11.15am – 12.25pm	1.05pm - 3.30pm
Tuesday 1st June	Maths (1 hr 10 mins)	History (1 hr)	H Ec (1 hr)
Wednesday 2nd June	Art (1 hr 30 mins) 8A & 8B Revision for Others	Revision	Geography (45 mins)
Thursday 3rd June	Art (1 hr 30 mins) 8C & 8D Revision for Others	LLW (45 mins)	Music (45 mins)
Friday 4th June	Art (1 hr 30 mins) 8E Revision for Others	Technology (30 mins)	French – Reading & Writing (1 hr)
Monday, 7th June	RE (45 mins)	English (30 mins)	Science (1 hr)

Examinations will take place in your usual teaching room.

- **Arrive on time for examinations**
- **Revision time (if any) at start of session**
- **Mobile phones or other electronic devices to be left at the front of the room**
- **Place books and bags at front/back of room during examinations**
- **No communication during examinations or revision sessions**

YEAR 9 EXAM TIMETABLE & INSTRUCTIONS

	9am - 10.45am	11.15am – 1.05pm	1.45pm - 3.30pm
Tuesday, 1st June	Geography (45 mins)	Music (45 mins)	Art (1 hr 30 mins) 9A & 9B Revision for Others
Wednesday 2nd June	H Ec (1 hr)	RE (45 mins)	Science (1 hr)
Thursday 3rd June	Maths (1 hr 20 mins)	History (1 hr)	Art (1 hr 30 mins) 9C & 9D Revision for Others
Friday 4th June	French – Reading & Writing (1 hr)	LLW (45 mins)	Art (1 hr 30 mins) 9E Revision for Others
Monday 7th June	German/Spanish (1 hr/1 hr)	English (30 mins)	Technology (30 mins)

Examinations will take place in your usual teaching room.

- **Arrive on time for examinations**
- **Revision time (if any) at start of session**
- **Mobile phones or other electronic devices to be left at the front of the room**
- **Place books and bags at front/back of room during examinations**
- **No communication during examinations or revision sessions**

YEAR 10 – EXAM TIMETABLE & INSTRUCTIONS

	9am - 10.45am	11.15am – 1.05pm	1.45pm - 3.30pm
Tuesday 1st June	German/Spanish (1 hr/1 hr)	Art (1 hr 30 mins) 10A & 10B Revision for others	LLW (45 mins) Then RE (45 mins)
Wednesday, 2nd June	Physics (1 hr)	English (30 mins) Then Technology (40 mins)	French – Reading & Writing (1 hr)
Thursday, 3rd June	Biology (45 mins)	Art (1 hr 30 mins) 10C & 10D Revision for Others	Geography (1 hr)
Friday, 4th June	Chemistry (45 mins)	Maths (1 hr 20 mins)	History (1 hr)
Monday, 7th June	Music (45 mins)	Art (1 hr 30 mins) 10E Revision for Others	H Ec (1 hr)

All examinations will take place in Gym or Assembly Hall.

- **Arrive on time for examinations**
- **Revision time (if any) at start of session**
- **Mobile phones or other electronic devices to be left at the front of the room**
- **Place books and bags at front/back of room during examinations**
- **No communication during examinations or revision sessions**

Exam Day Checklist

Arrive at school in plenty of time so that you are not arriving late and starting the exam in a fluster!
Mobile phones and other electronic devices are to be left at the front of the room.
Equipment to bring to all exams - 2 black or blue pens (1 as a spare), sharpened pencils, a rubber and a ruler.
Scientific Calculator may be needed for some exams – check with your subject teachers in advance of the exam period.
Maths equipment – check with your Maths teacher in advance of the exam if you need a protractor, etc.
Coloured pencils – these may be needed for some exams, especially in creative subjects such as Art. Make sure these are sharpened in advance of the exam.
Exam conditions – this means no talking or communication with your classmates. If you need help you must raise your hand to attract the attention of the member of staff supervising the exam.
Clothing – if you get too hot during the exam, just take your blazer off and hang it on the back of your chair.
Bring a clear **bottle of water**. You will need a drink especially if the weather is hot. Choose a bottle with a spill-proof cap with the label removed.
Food in the exam – you are <u>not</u> allowed to eat during the exam but make sure you have had a good breakfast to start your day and make sure you have Break and Lunch.



Exam Tips

Take a deep breath and relax

Read the instructions carefully

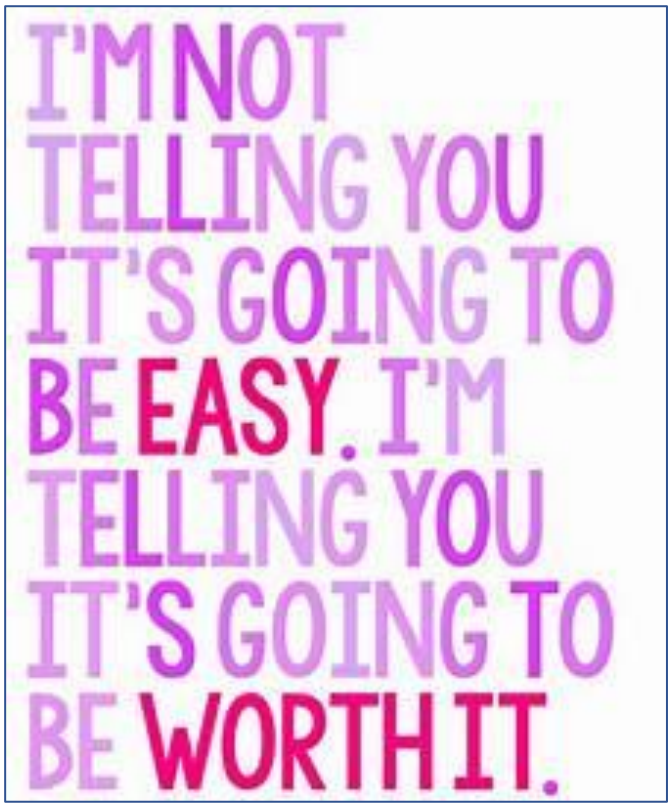
Plan your time carefully

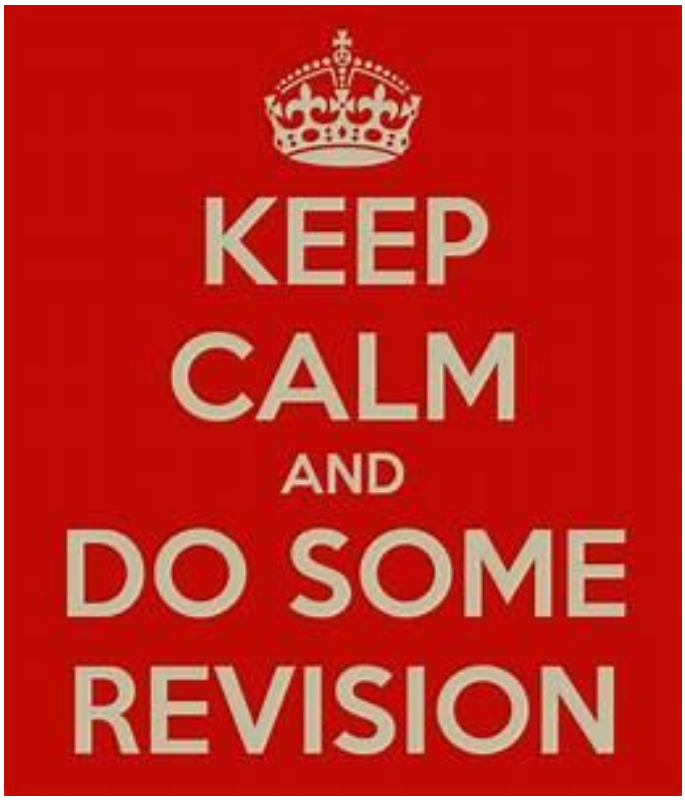
Read the questions carefully

Make sure to understand what is being asked

Think carefully before you write the answer

Read over your work for accuracy


I'M NOT
TELLING YOU
IT'S GOING TO
BE EASY. I'M
TELLING YOU
IT'S GOING TO
BE WORTH IT.


KEEP
CALM
AND
DO SOME
REVISION


" STAY POSITIVE, WORK HARD;
MAKE IT HAPPEN."