

Before, During, After and Exam

Year 11 Study Tips

Before the Exam

The night before an Exam

1. Eat a **balanced meal**
2. Get your **equipment** ready for the exam
3. Double check **where and when** your exam is
4. Do something **relaxing** or some **gentle exercise**
5. You could read over some notes but **do not cram** all night
6. Try to get a **good night's sleep**

Before the Exam

On the morning of the exam

1. Wake up at a **sensible time**
2. Give yourself time to wake up **properly**
3. Eat a **healthy breakfast** with a glass of water and some fruit
4. Don't revise anything new - **save your energy** for the exam

Before the Exam

The morning of the Exam

1. Arrive to school **on time**
2. Try not to arrive early - you **do not want a long wait**
3. If others are worried try to **stay calm** and not let their worries affect you
4. It is ok to ask to be left alone if it is what you need to **mentally prepare yourself**

- Arrive to Exam location 15 minutes before the start of the exam and line up in tutor groups
- You should only have your equipment and water
- Go to the toilet before the exam
- Bags, Coats and phones etc left in tutor rooms
- If you have a PM exam you will be on Lunch 1

Exam Equipment

1. No Bags, Phones, Watches, notes etc allowed in the exam room (leave these in your tutor room)
2. Multiple black pens
3. Pencil & Pencil Sharpener
4. Clear Pencil Case
5. Clear bottle - label removed
6. Subject specific equipment e.g. ruler, calculator etc.
7. Remember your calculator may be needed for exams other than maths e.g. science



During the Exam

Organise your desk space

1. **Exam conditions** start from the moment the register is called
2. Check you are at the **right desk** (with your card)
3. Get your **stationery organised**
4. Have your **water** to hand
5. Take some **deep breaths** to calm yourself
6. Fill in the **front of the exam paper** (when and as instructed)
7. **Listen carefully** to all instructions given by the invigilator

During the Exam

Top Tips for completing your exam

1. **Read** each question carefully (focus on key words and command words)
2. **Read** the question again
3. Answer **all of the questions**
4. **Check the marks available** (this will let you know how long to spend on the question)
5. Keep an eye on the **time**
6. **Do not distract**
7. If you finish with time to spare - **read over all of your answers**
8. **Check** the front of your exam paper has been filled in correctly again at the end

After the Exam

Worrying will not change anything

1. Try not to talk about the exam afterwards
2. Try not to worry about your answers - you can't change them
3. Learn from the experience for future exams (what could you change)
4. Try to relax after the exam before you start to get ready for the next one
5. At the end of the exam period plan something nice to celebrate

Exams - Week Commencing 7th Nov 2022

Date	Time	Exam
Monday 7th Nov	9.15am	English Language
Monday 7th Nov	1.30pm	Geography
Tuesday 8th Nov	9.15am	Biology
Tuesday 8th Nov	1.30pm	English Literature
Wednesday 9th Nov	9.15am	Chemistry
Wednesday 9th Nov	1.30pm	History Paper 1
Thursday 10th Nov	9.15am	Physics
Thursday 10th Nov	1.30pm	Health & Social Care
Friday 11th Nov	9.30am	Maths Paper 1 (non calculator)

Exams - Week Commencing 14th November 2022

Date	Time	Exam
Monday 14th Nov	9.30am	Food Tech
Monday 14th Nov	1.30pm	Sports Science, PE, French Writing
Tuesday 15th Nov	9.30am	Music
Tuesday 15th Nov	1.30pm	History Paper 2
Wednesday 16th Nov	9.30am	Maths Paper 2 (Calculator)
Wednesday 16th Nov	1.30pm	French Reading
Thursday 17th Nov	TBC	Spoken Language Tests
Friday 18th Nov	TBC	Spoken Language Tests

Miss Chadkirk will share Spoken Language information in Assembly on 3rd November