Before, During, After an 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