

Part 1: Getting ready for exams

Lesson plan

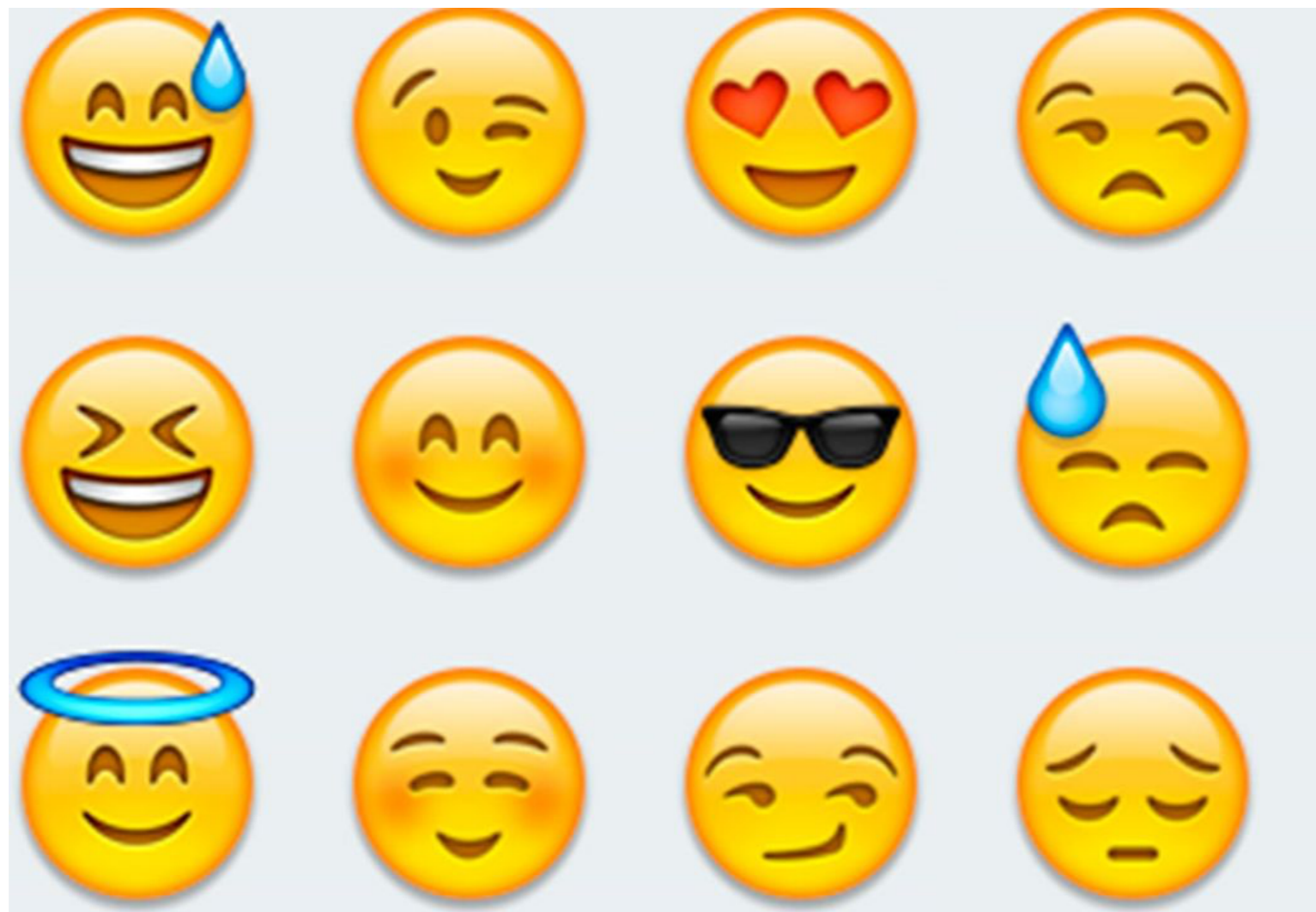
- Starter: How do you feel about taking exams? (5 minutes)
- Discuss steps to revision success, going through key points and examples (20 minutes)
- Fill out study schedule (10 minutes)

Getting ready for your exams

Learning objectives:

- To plan a revision schedule.
- To learn some tips about how to manage your revision.

Starter: How do you feel about taking exams?



Steps to revision success

1. **Organisation** - Make sure you have all your notes and books organised
2. **Time management** - Decide carefully how you will use your time, write a schedule and try to stick to it
3. Use **active revision techniques** - these are the ones that help the information stick
4. **Rest and do your best!** - Make sure you don't overdo it, so that you have plenty of energy to do your best on the day of the exam.



What else could you add to this?

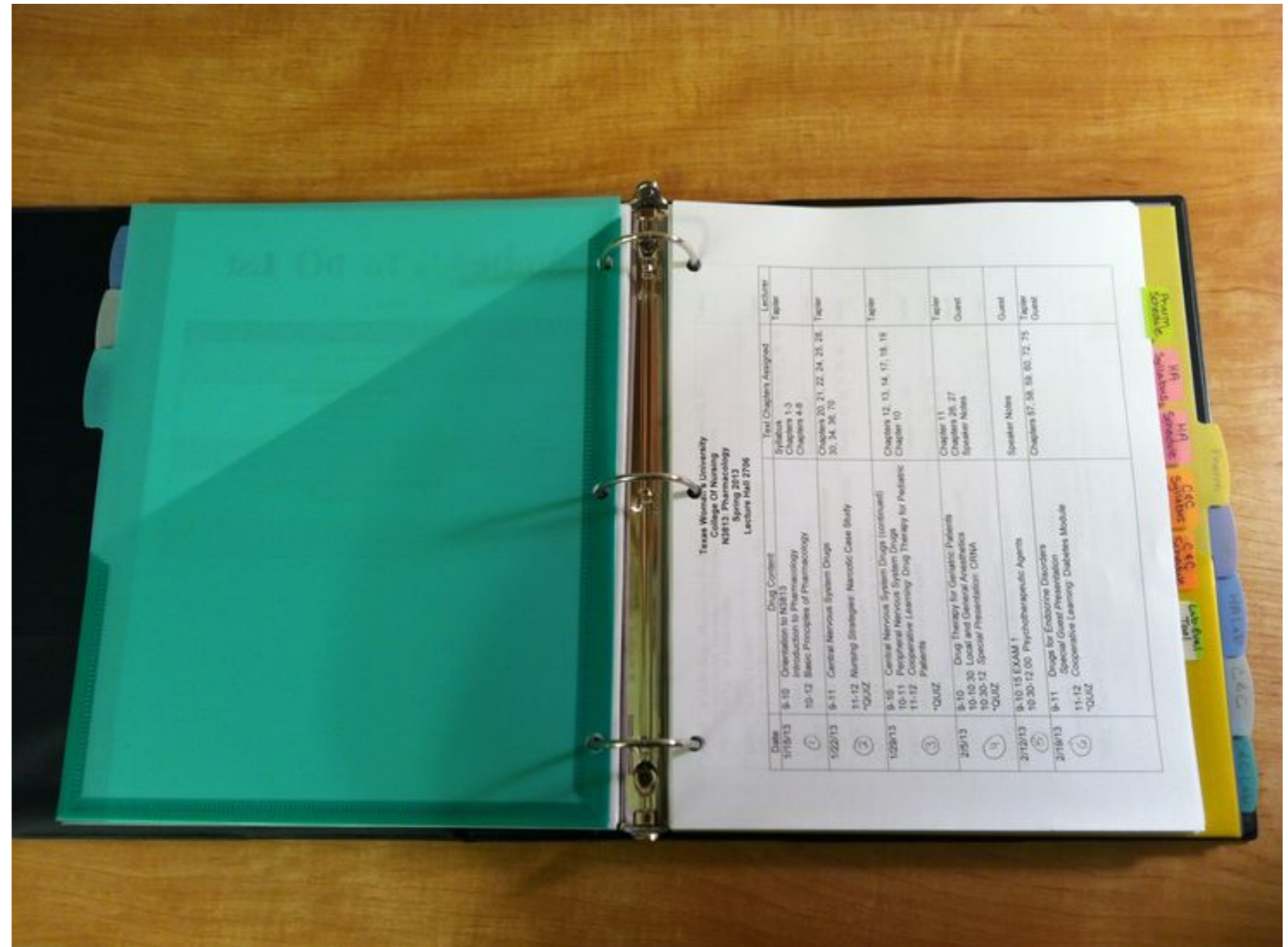
Organisation

- Have you got your books and folders all organised?

Organise your class folders

Get copies of anything you're missing

Use checklists / textbooks to help you





**Why might it help you to get
organised now?**

Why might it help you to get organised now?

You will be learning the content so when exam time comes you're revising not learning

You will give yourself time to realise where your weak areas are and seek help

You will remove some of the stress and might even enjoy it!

Time management

- Carefully decide how you are going to use the weeks you have left before the exam

Task 1 - Write a list of the subjects that you are studying

Task 2- Write a list of the modules/ subjects/ texts etc that you need to revise for each subject

Task 3 - On the revision schedule cross out all of the times that you can't study, e.g. extra classes, extracurricular activities, dinner, family commitments

Task 4 - Work out a revision schedule for the coming weeks.

Build a little time into your schedule each week to do this

- Ch 1-3 notes
- Ch 4-6 notes
- Ch 7-9 notes
- Ch 10-11 notes
- Practical notes
- Compile all notes
- Past papers

BUSINESS TO-DO

- Ch 1-5 notes
- Ch 10-12 notes
- Ch 16-19 notes
- Ch 27-29 notes
- Ch 29-31 notes
- Compile all notes
- Past papers

ENGLISH TO-DO

- "Wide Sargasso Sea" notes
- "Goblin Market" notes
- "Voices in Speech and Writing" notes
- Terminology notes
- Compile all notes
- Past papers

MATH TO-DO

- C1 notes
- C2 notes
- S1 notes
- Compile all notes
- Past papers

LANGUAGES TO LEARN IN 2016

- ♥ Spanish
- ♥ Italian
- ♥ Korean

Home Workouts

- ★ - Cook a meal
- ★ - exfoliating ritual

January

→ skincare routine
- serum
- moisturizer
- tea tree oil

→ teeth care routine
- brush teeth twice
- rubber band change

→ duolingo / koreanclass101 / 100 days of productivity
→ weekly page / studyblr

Cross out each day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
★	★	★	★	★	★	★
★	★	★	★	★	★	★
★	★	★	★	★	★	★
★	★	★	★	★	★	★

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7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30
31					

more motivation?

Here are a few different things I like to do to motivate me. Try them for yourself and see if they work for you!

Purchase some new stationery	<input checked="" type="checkbox"/>	Set up a study group with friends/classmates	<input type="checkbox"/>
Create a new study space & rearrange your desk	<input checked="" type="checkbox"/>	Use the Focus Now or Forest app on your phone	<input checked="" type="checkbox"/>
Listen to Spotify's intense studying playlist	<input checked="" type="checkbox"/>	Block social media using the StayFocusd Chrome extension	<input type="checkbox"/>
Study of the library - on the quiet floor if there is one!	<input type="checkbox"/>	Find a playlist with the 'study' tag on Spotify	<input checked="" type="checkbox"/>
Install the 'remember' Google Chrome extension	<input checked="" type="checkbox"/>	Study in a coffee shop - get a postcard if you work hard!	<input type="checkbox"/>
Scroll through the 'studyblr' tag on Tumblr	<input checked="" type="checkbox"/>	Reward yourself after completing a set amount of tasks	<input type="checkbox"/>
Write your goals down and check them off as you achieve them	<input type="checkbox"/>	Try out the Pomodoro study technique (Google it)	<input type="checkbox"/>
Go for a 15 minute power walk before you study	<input type="checkbox"/>	Set a realistic to-do list on paper or the 'Swipe' app	<input checked="" type="checkbox"/>

study schedule

First, use this planner to identify when you have free time to study. Next, assign different topics and your chosen study techniques to these times. Remember to take breaks!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00	Get ready / exercise / shower	Get ready / exercise / shower	Get ready / exercise / shower	Get ready / exercise / shower	Get ready / exercise / shower	Business	Bio 101
6:00	Homework	Homework	Homework	Homework	Homework	Business	Bio 101
7:00	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
8:00	English	Business	Maths	Business	English	Maths	CHILL
9:00	English	Business	Maths	Business	English	Maths	CHILL
10:00	Maths	Biology	Biology	Biology	CHILL	CHILL	CHILL
11:00	Chill + Sleep	Chill + Sleep	Chill + Sleep	Chill + Sleep	Chill + Sleep	Chill + Sleep	Chill + Sleep

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GOALS this is your year

- ♥ Learn to cook one meal every week.
- ♥ Exercise 2-3 times a week.
- ♥ Take better care of skin and teeth.
- ♥ Get through at least half my to-read list.
- ♥ Start properly learning the languages I started.
- ♥ Spend more time with friends / on hobbies.
- ♥ Be less negative. Spread more positivity.
- ♥ Be more reserved and calm around others.
- ♥ Eat healthier (stop snacking so much!).
- ♥ Manage time and money better.
- ♥ Pick up coding / knitting at some point.
- ♥ Keep up with weekly page / Duolingo / 100 days of productivity.
- ♥ Update studyblr weekly. (photos on weekends!)
- ♥ Read and explore more outside school subjects.



Revision

How do you revise?

What revision techniques work best?

Do you think your revision techniques need improving?



What is the difference is
between active and passive
revision?

- **Passive revision** - this involves you trying to take information in without attempting to reproduce it in a new way. It will almost always let you down.
- **Active revision** - this involves reproducing what you learn in some way, usually by condensing it. It engages your mind in a creative effort. The more creative, the more memorable. It's the best way to learn.

Which do you think is the best approach?

Which techniques are active and which are passive?

Repeating out loud

Mind mapping

Copying out

Rereading

Writing index cards

Practising exam style questions

Annotating your texts

Highlighting

Typing up all your notes

Can you think of any more?
Are they active or passive?

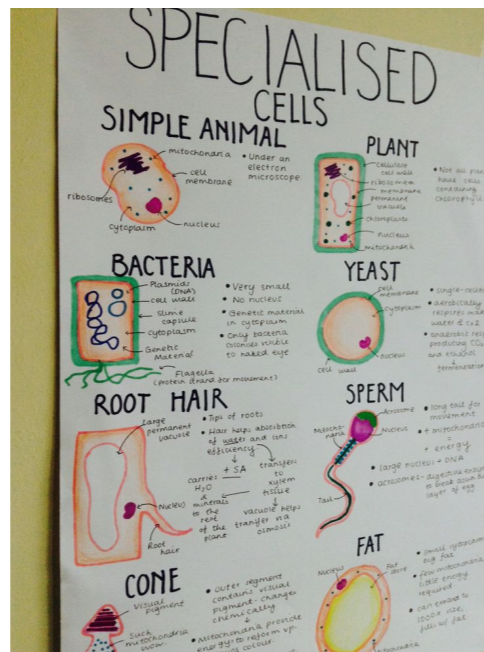
Answers: Which are active and which are passive?

Active	Passive
Writing index cards Annotating your texts Mind mapping Repeating out loud Doing past papers	Rereading Copying out Putting your notes on computer Highlighting

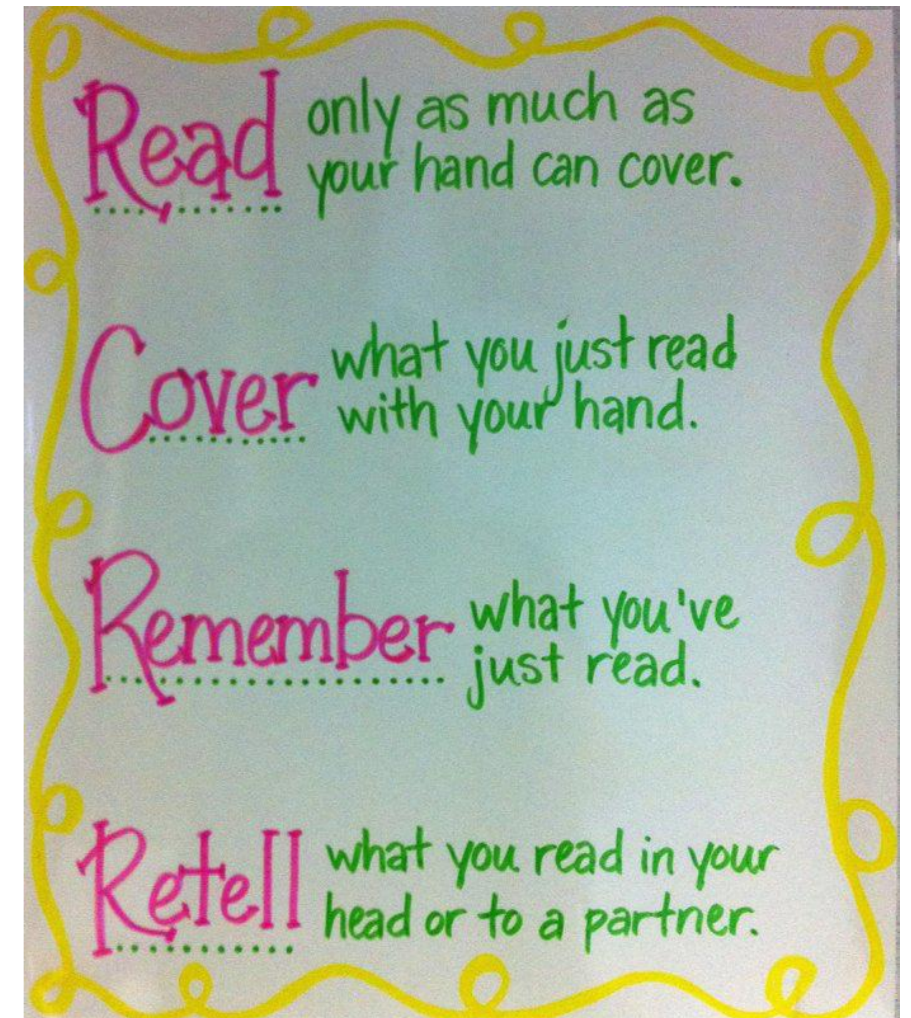
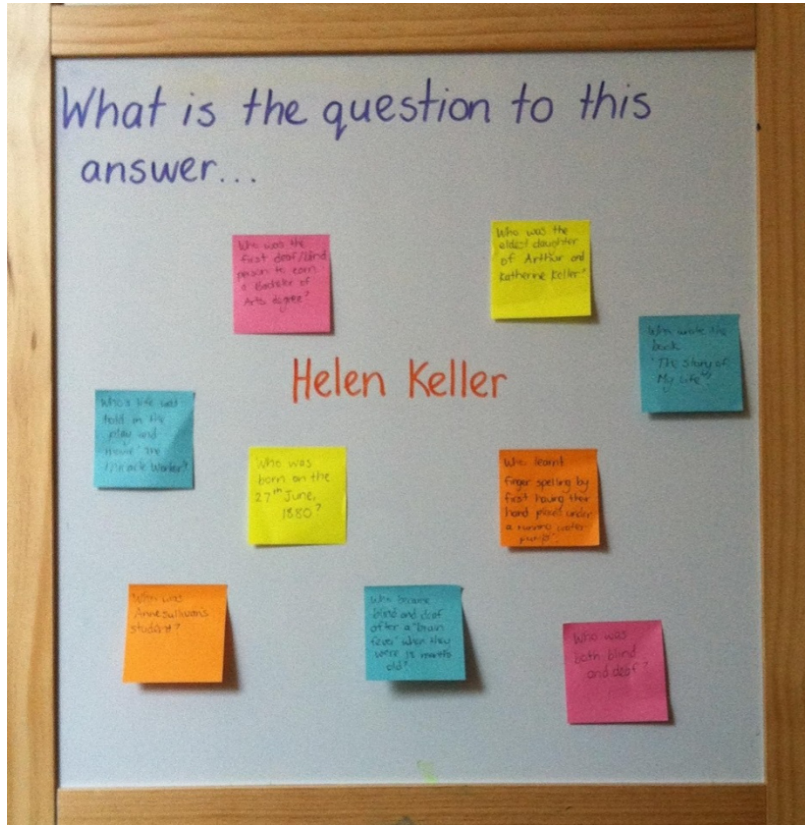
Here are some examples
of a few different active
revision techniques

Flashcards

Use colour coding and images



Test yourself or get someone to test you

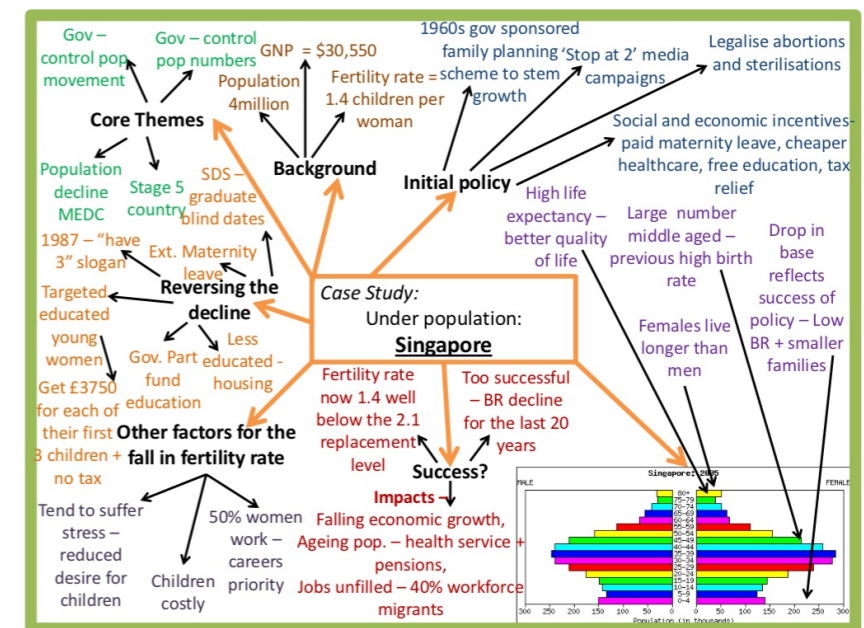
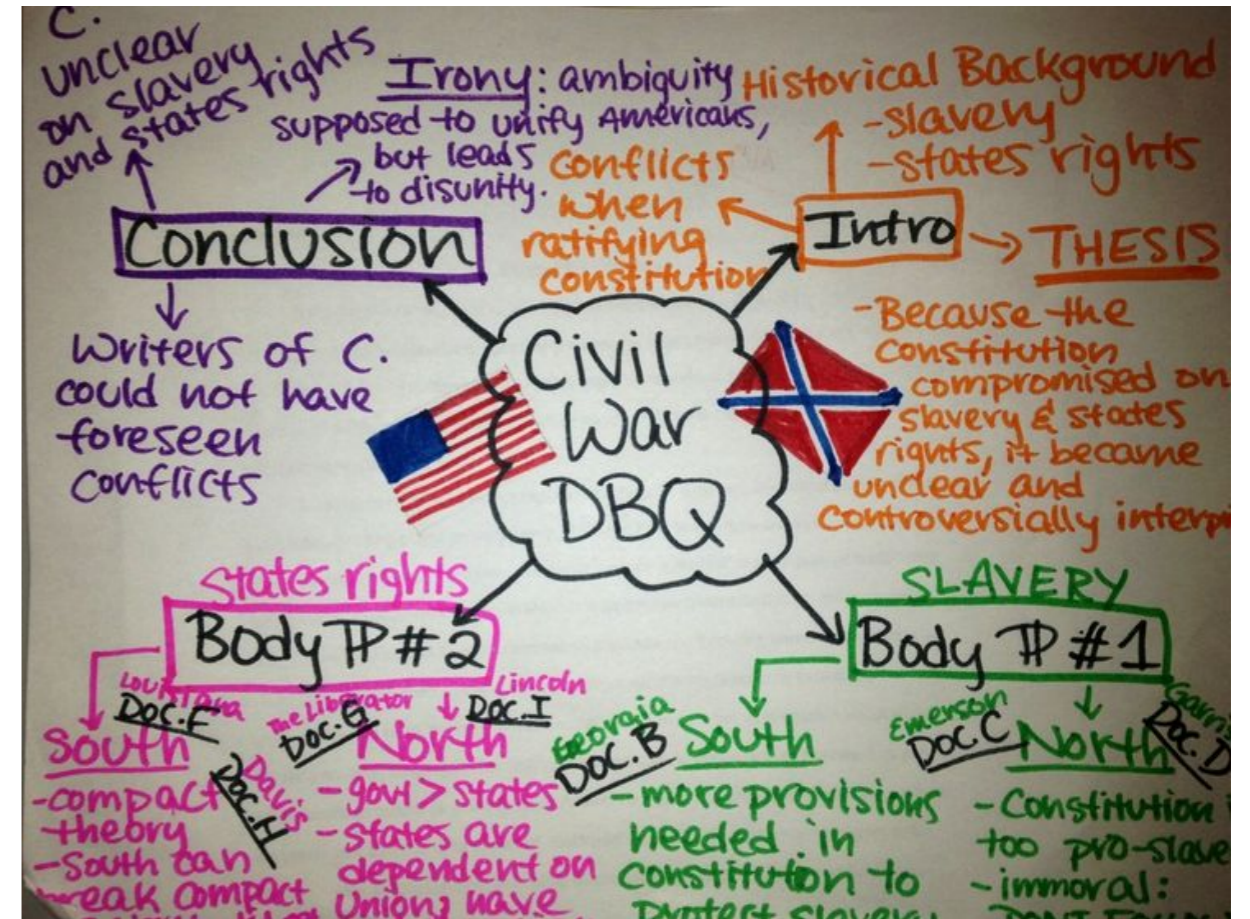


Play the teacher

Timelines

Mindmaps

Macbeth KEY DRAMATIC MOMENTS Timeline



Summaries and timelines

Play the teacher

Mindmaps

Flashcards

Cornell note taking system

Use colour coding and images

Test yourself or get someone to test you

Mnemonics

Some more techniques you could try....

Learn command words

Plan essay questions

Redo questions you got wrong

Online quizzes

Post its

Power sheets

Past papers

TIPS FOR STUDYING AT HOME

- Put on **comfortable clothing**
- **Plan** your revision to make sure you have time to cover all your subjects and topics
- **Be realistic** - Make sure your plan is manageable
- **Manage your time** and divide your revision into small blocks



- **Mix it up a bit** - There are different ways of revising like there are different ways of memorising information. Rather than just copying out, try drawing diagrams, reading aloud, sticking it on post-its on the wall. Whatever helps!
- **Take regular breaks** - Don't head for information overload. We're not designed to work flat-out and work far more efficiently if we take regular breaks.
- **Have snacks and plenty of water** - you will need energy for your revision



- **Turn off all distractions** - You know what they are!



- **Test yourself** - Don't just input, check what you know. You can do this with friends, family, or on your own. Testing is a great way of combating those nerves by confirming what you know, and filling in the gaps

- **Get to bed early** - It's the night before the exam. Now you've done all that work it's time to give your brain a rest, so you're in tip top condition for sitting that exam. Good luck!



Part 2:
Taking the exams and
getting your results

Lesson plan

- Starter: Discussion (5 minutes)
- Read: Advice - The day before, on the day, after the exam (10 minutes)
- Role play activity - 20 minutes
- Plenary: Some extra advice

Taking the exams

Learning objectives:

- To explore strategies to use when preparing for and taking exams.



How do you feel as you approach an exam?



What should you do the day
before your exams?

The day before:

- Check the contents of your pencil case. Have you a back-up pen, pencil, ruler, protractor, calculator etc?
- Double-check what exams you will be having and when
- Try a bit of active revision - test yourself, but don't work too late
- Get some fresh air; don't stay in all day
- Have an early night, even if you can't get to sleep straight away
- Turn off any electronic gadgets, they can keep you awake.



What should you do on the
day of the exams?

On the day:

- Get up in plenty of time
- Eat some breakfast
- Check that you have everything you need
- Avoid talking too much about the exams as this can stress people out
- Go to the toilet



What should you do during
the exam?

At the start of the exam:

- Listen to the instructions carefully.
- Keep an eye on the time.
- Read the instructions carefully.
- Read each question carefully. One of the most common exam mistakes is not answering the question.
- If you get stuck, move on, and come back to the question later on. Do not waste time or start panicking.
- If you are running out of time and can't get the last answer finished, make a plan containing all the important points. You may pick up some extra marks.
- Try to proofread at the end.



What should you do after the
exam?

After the exam:

- If you can avoid it, don't compare answers with your friends. This can make some students feel upset or worried.

Getting your results

Learning objectives:

- To consider how you react to getting your results.



How do you feel before you get your exam results back?

Role play activity:



- You will be working in pairs to complete this task.
- You will be given different scenarios. Consider the right and wrong way to react to the results you've received.

Example



You get your exam back and get a A+.

Bad reaction:

Wow! I got an A+! I am amazing! I didn't even revise. I must be so smart.

Good reaction:

I'm proud of myself, I worked really hard. I hope others did as well.

Notice, some things you might say, whilst others you might think.

You get your exam back and get a B.



Bad reaction:
What might you say?

Good reaction:
What might you say?

Bad reaction:
What might you think?

Good reaction:
What might you think?

Your friend gets their exam back and seem really upset with their result.



Bad reaction:
What might you say?

Good reaction:
What might you say?

Bad reaction:
What might you think?

Good reaction:
What might you think?

You get your exam back and get a C.



Bad reaction:
What might you say?

Good reaction:
What might you say?

Bad reaction:
What might you think?

Good reaction:
What might you think?

Your friend gets their exam back and seem really happy with their result.



Bad reaction:
What might you say?

Good reaction:
What might you say?

Bad reaction:
What might you think?

Good reaction:
What might you think?

You get your exam back and get a D.



Bad reaction:
What might you say?

Good reaction:
What might you say?

Bad reaction:
What might you
think?

Good reaction:
What might you
think?

Your friends are all asking you what you got in your exam. You feel really uncomfortable and don't want to tell them.



Bad reaction:
What might you say?

Good reaction:
What might you say?

Bad reaction:
What might you think?

Good reaction:
What might you think?

Your parents are asking you about your results, but you feel worried about how they will react.



Bad reaction:
What might you say?

Good reaction:
What might you say?

Bad reaction:
What might you think?

Good reaction:
What might you think?



Can you think of any other scenarios?



What do you think is the most important advice about getting results back?



What do you think is the most important
advice...
to help you revise?
to take exams?
to get results?

Some extra advice...

What should you do if you get so nervous about a test or exam, that you can't sleep properly?



**KEEP
CALM**

AND

**TRY TO GET
SOME REST**

What should you do
before starting the exam?



**KEEP
CALM
AND
DO YOUR
BEST**

What should you do
before writing an answer?



**KEEP
CALM
AND
READ THE
QUESTION**

What should you do to
check your answer is
relevant?



**KEEP
CALM**

AND

**RE-READ
THE QUESTION**

What should you do when you get stuck or you think you don't know the answer to a question?

What should you do?



**KEEP
CALM
AND
CARRY
ON**



**NOW
PANIC
AND
FREAK
OUT**



**KEEP
CALM**

AND DON'T CHEAT

**YOU ARE
BETTER THAN THAT**

What should you do when
you think you've finished?



**KEEP
CALM**

AND

**CHECK OVER
YOUR WORK!**

What exam advice
would you give yourself?

