

Exam season



SARACENS
HIGH SCHOOL

Silent do now:

1. What is needed for essay questions?
2. What does SPAG stand for?
3. Why should you plan essay questions?

14 school days to go!
19 actual days to go!

Discipline

Hard Work

Honesty

Humility

Exam season



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Do final preparations the night before

Eat a healthy, balanced meal

Pack your bag so you are ready →

Double check what time and where your exam is

Do something to relax you

Read over some notes if you want but don't cram revision all night

Get a good nights sleep

- Multiple pens and pencils
- Rubber and sharpener
- Clear pencil case
- Clear water bottle
- Subject specific stationery- ruler and calculator
- Watch

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Wake up at a sensible time!

Give yourself time to wake up and get ready for your exam

Healthy breakfast- include water and fruit

If you have time look over your notes of any clear definitions, formulas, facts and quotes.

Don't revise anything new, save your money for the exam.

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Get to school in plenty of time

Leave home with more time than you need to get to your exam

If you are late- you loose time, it will not be given back to you!

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Waiting with other people

If people outside the exam hall are stressed-
don't engage- walk away

Give yourself time to mentally prepare yourself

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When you are waiting for the exam to start
Get your pens and stationary out
Place your water bottle and watch on the desk
Take deep breaths to calm
Fill in the front of your exam paper
Listen to the instructions given by the staff

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During the exam:

Read each question carefully

Read each question carefully- AGAIN

Answer every question

If you are not sure- break and plan an answer-that will give you the time to breathe and work out a plan.

Look at the amount of marks- how long do you need to spend on the question.

Keep an eye on time to make sure you don't run out of time.

Focus on YOU!

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Frequent exam panics

If you can't answer a question, move on and come back to it later.

If you are running out of time, answer questions which require short answers to pick up as many marks as possible

If you realise halfway through a question that you've got it wrong, cross out what is wrong and write the new answer beneath it (there is extra space at the end of the exam paper)

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After the exam

Worrying won't change anything!

Take some time to relax- you worked hard- well done!

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Activity:

1. Plan the day of your first GCSE mock exam.
 - What time you'll go to bed the night before
 - What time to get up
 - What time to have breakfast etc.

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