## Year 9 Revision and Examination Preparation

 Guide 2020
## YEAR 9 EXAM TIMETABLE 2019

| Day | $09.00-$ <br> 10.30 | $11.10-12.40$ | $14.00-$ <br> 15.30 |
| :---: | :--- | :--- | :--- |
| Monday <br> 18 May |  |  |  |
| Tuesday <br> 19 May |  |  |  |
| Wednesday <br> 20 May |  |  |  |
| Thursday <br> 21 May |  |  |  |
| Friday <br> 23 May |  |  |  |

## Pathway to Effective Exam Preparation



## TOP TIPS

## Get Organised

1. 
2. 
3. 
4. 

## Set the Mood

1. 
2. 
3. 

## The Pomodoro Technique

1. 
2. 
3. 

## Reward yourself \& take a break

1. 
2. 

## Mix it up

- You only remember ___\% of all you read.
- Your revision needs to be $\qquad$ and $\qquad$
Examples of what you could use:

1. 
2. 
3. 
4. 
5. 

## MAKING A REVISION TIMETABLE

You could use a proforma like this:

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| AM 1 |  |  |  |  |  |  |  |
| 8-10 |  |  |  |  |  |  |  |
| AM 2 |  |  |  |  |  |  |  |
| 10-12 |  |  |  |  |  |  |  |
| PM 1 |  |  |  |  |  |  |  |
| 12-2 |  |  |  |  |  |  |  |
| PM 2 |  |  |  |  |  |  |  |
| 2-4 |  |  |  |  |  |  |  |
| PM 3 |  |  |  |  |  |  |  |
| 4-6 |  |  |  |  |  |  |  |
| PM 5 5 |  |  |  |  |  |  |  |
| 8-8 |  |  |  |  |  |  |  |
| AVOID WORKING DURING THIS SLOT WHERE POSSIBLE... |  |  |  |  |  |  |  |

## Year 9

Or you could stick closer to your school timetable, with additional end of day slots

|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 8.30-9.00 |  |  |  |  |  |
| 9.00-9.35 |  |  |  |  |  |
| 9.35-10.10 |  |  |  |  |  |
| Break |  |  |  |  |  |
| 10.30-11.05 |  |  |  |  |  |
| 11.05-11.40 |  |  |  |  |  |
| 11.45-12.20 |  |  |  |  |  |
| 12.20-12.55 |  |  |  |  |  |
| Lunch |  |  |  |  |  |
| 2.05-2.40 |  |  |  |  |  |
| 2.40-3.15 |  |  |  |  |  |
| 3.15-3.50 |  |  |  |  |  |
| Break |  |  |  |  |  |
| 4.30-5.30 |  |  |  |  |  |
| 5.30-6.30 |  |  |  |  |  |
| Break |  |  |  |  |  |
| 7.00-8.00 |  |  |  |  |  |

## Subject: Biology

## Exam Length: 90 Minutes

## Exam Format

A mixture of different question styles, including multiple-choice questions, short-answer questions, calculations and extended open-response questions. Practical skills will be assessed within the examination.

## Content

The exam will cover the following topics:

## Year 9 work

- Characteristics of living organisms
- Variety of living organisms
- Nutrition in Humans and Flowering Plants
- Biological Molecules
- Food Production - Crop Plants, Micro-organisms, Fish farming
- Feeding Relationships
- The organism and the Environment
- Human Influences on the environment


## Recommended material for revision

- Textbook(s)
- Sharepoint - Year 9 pages and Revision Videos
- Topic list over views on your file dividers
- Topic Checklists available from your teacher
- Practical writeups, notes and homework material
- Look over past tests and mark schemes, use your self-reflection as a guide to focus your revision.


## Recommended revision activities

1. Make notes using the revision list from your teacher
2. Create a mind map for each topic
3. Create flashcards for key words and meanings (use the revision list)
4. Practice questions, from the relevant sections of your textbooks and those given to you.

## Subject: Chemistry

## Exam Length: 90 Minutes

## Exam Format

The paper will contain a mixture of question styles. These will include multiple-choice questions and short answer questions where a clear, concise response is required. There will also be some extended response questions, usually worth six marks. These require you to construct a clear argument, often comparing or evaluating some given data. You should answer these questions in full sentences; use your own knowledge as well as the information given; and end with a clear conclusion.

## Content

The exam will cover the following topics (note that this includes work covered in Year 9 as well as Year 10):

- Atomic Structure (Textbook Chapter C1)
- The Periodic Table (Textbook Chapter C2)
- Structure and Bonding (Textbook Chapter C3 - pages 36-40, 44-45, 54-55 only)
- Chemical Changes (Textbook Chapter C5)
- Rates (Textbook Chapter C8 - pages 128-136 only)


## Recommended material for revision

- Textbook, including practice questions found at the end of each chapter
- Topic Checklists available from your teacher
- Notes in your exercise book and homework material


## Recommended revision activities

1. Condense your notes
2. Create flashcards for key words and meanings (use the topic checklists)
3. Practice questions

## Subject: Computing

## Exam Length: 90 Minutes

## Exam Format

There will be one section in the paper, comprising of a mixture of multiple choice, short response and long response questions.

## Content

- Data Representation
- Number Bases
- Sound Representation
- Image Representation
- Character Sets
- Computer Systems
- Boolean Logic
- Application and Systems Software
- Memory
- Programming
- Assignment/Calculations (including MOD and DIV)
- Selection (IF Statements)
- Iteration (For and While loops)
- Subroutines and Functions
- Tracing Algorithms


## Recommended material for revision

- SharePoint - Year 9 pages
- TestandTrack.io
- Notes in your exercise book and homework material


## Recommended revision activities

1. Complete TestandTrack.io Data Representation and Computer Systems tests.
2. Complete practice questions hosted on SharePoint.
3. Complete a selection of programming tasks hosted on SharePoint.

## Subject: English

## Exam Length: 90 Minutes

## Exam Format

There will be 2 sections in the paper.

Section A = Poetry analysis
Section B = Descriptive writing

## Content

The exam will cover the following topics:

- How meaning is created through poetic technique
- Writing to describe


## Recommended material for revision

- Guides to poetry analysis tips available from your teacher
- Descriptive writing advice guide sheet available from your teacher
- Notes in your exercise book and homework material


## Recommended revision activities

1. Read poetry, annotating for meaning and method
2. Create flashcards for key poetic techniques
3. Short descriptive exercises - using all senses and figurative language
4. Practice questions

## Subject: French

## Exam Length: 90 Minutes

## Exam Format

There will be 2 exam papers:
Paper 1 (45 minutes): Reading. You will have to answer comprehension questions with regards to a stimulus text.

Paper 2 (45 minutes): Writing. You will have to complete exercises based on vocabulary, grammar and conjugation; you will also have to complete an essay for which you will be given a clear structure.

The listening exam will be done in lesson time outside of the exam period. Your teacher will confirm the date.

## Content

Vocabulary
You need to revise the following areas of topic vocabulary. They will come up in any one or more of the Listening, Reading and Writing papers:

- Hobbies
- Types of films and opinions
- School subjects and opinions; options next year
- School: location, people there, school day routine
- Jobs, related responsibilities and advantages / disadvantages
- Tourist attractions in Paris and places in town
- Getting around on the Paris metro
- Physical and character descriptions

Grammar

- Present tense: regular and key irregular (avoir, être, faire, aller, prendre)
- Passé composé (which verbs take avoir and which take être; regular or irregular past participles; agreement of past participle for être verbs)
- Baby future tense (aller + infinitive) and simple future
- Imperfect tense

Generic

- Time references: d'abord, après, plus tard, ensuite, le matin, l'après-midi, le soir, le lendemain (the next day)
- Link words: aussi, en plus, cependant, mais, en revanche


## Recommended material for revision

- Textbook(s)
- SharePoint - Year 7 pages
- Topic Checklists available from your teacher
- Notes in your exercise book and homework material


## Recommended revision activities

1. Mind-maps per topic with relevant vocabulary and structures
2. Create flashcards for key words and meanings (use the topic checklists)
3. Practise vocabulary on Quizlet and practice grammar online

## Subject: Geography

## Exam Length: 90 Minutes

## Exam Format

There will be 3 sections in the paper, each carrying 25 marks. You should aim to spend 30 minutes on each section. Each section will have one question carrying eight marks which may well require reference to a specific case study. The other questions will carry a range of mark allocations, some will also require interpretation of geographical information on an insert.

## Content

Section A = Globalisation \& Migration

Section B = Hazardous Environments

Section C = River environments

## Recommended material for revision

- Your class notes from your Geography lessons in your exercise book/folder
- Textbook (also available as an online version, accessed through following the instructions on your textbook's inside front cover)
- Geography Department 'Topic sheets' available from your teacher
- Past paper questions and mark schemes, available online (EdExcel IGCSE Geography 2017) and at the end of each chapter in your textbook.
- Revision websites such as Quizlet (look for sets related to EdExcel iGCSE Geography or make your own)


## Recommended revision activities

1. Condense your notes and re-present them in a different way (a mind map, A3 poster, a table etc)
2. Create flashcards for key terms (and colour code by category - e.g. 'types of coastal erosion')
3. Highlight key terms in your exercise book/folder and ask a friend or family member to test you on them
4. Practice questions and mark schemes, either 'open notes' or under timed conditions.

## Subject: German

## Exam Length: 90 Minutes

## Exam Format

There will be 2 papers:
Paper 1 (45 minutes): Reading. A selection of multiple choice, gap-fill and short comprehension questions in German and English.
Paper 2 (45 minutes): Writing:
Section A: Grammar: multiple choice questions. Spend around 10 minutes on this.
Section B: Option of two short written pieces and translations from and into German. Spend around 30 minutes on this and leave 5 minutes for checking.
The listening and speaking exams will be done in the week after the exams week. Your teacher will confirm the dates.
Listening: (Will take place during normal timetabled lesson). A selection of multiple choice, gap fill and short comprehension questions in German and English.
Speaking: Not included in final grade, but a chance to practise speaking about the topics covered this year to develop confidence and fluency.

## Content

## Topics

- Role models (who they are and why, past experiences, body parts, overcoming problems)
- Music (music genres, playing in a band, discussing different bands, music festivals)
- Future ambitions (jobs and reasons for wanting them, what you would like to do in the future)
- Childhood (childhood activities, comparing primary and secondary school)
- My rights (age limits, making a difference, comparing life in the past/present, priorities)

Grammar

- Verbs (past tenses, future, present, the imperative, modal verbs, separable verbs, using 'möchte' and 'würde')
- Nouns (nominative, accusative, dative)
- Prepositions (dual-case prepositions, using 'seit')
- Adjectives (comparative, superlative, adjective endings)
- Um...zu
- Word order (using weil, verb as $2^{\text {nd }}$ idea, verb comma verb)


## Recommended material for revision

- Textbook
- Sharepoint - Year 9 pages
- Notes in your exercise book and homework material
- Memrise and Thisislanguage


## Recommended revision activities

1. Create Grammar flashcards/cheat sheets
2. Making mind-maps for each topic or sub-topic
3. Creating checklists from pages $20,42,66,88$ and 110
4. Going through the 'extra' pages at the back of the textbook (120-130)
5. Answering reading and writing questions on pages $21,43,67,89$ and 111

## Subject: History

## Exam Length: 90 Minutes

## Exam Format

There will be 2 sections in the paper.

- In Section A, students answer three 4-mark GCSE-style questions, from a choice of 5 . We suggest you spend about $\mathbf{2 0}$ minutes on this section ( $3 \times 4$ marks)
- In Section B, students write one essay from a choice of two questions (24 marks) We suggest you spend 1 hour and 10 minutes on this section.
- There will be two provided sources or interpretations for each question, and you should try to incorporate these into your answer.
- Spend around 15 minutes considering the sources and planning your essay, and around 50 minutes writing, leaving some time to check through your work.


## Content

The exam will cover the following topics:

- Trench warfare, and the nature of stalemate on the Western Front.
- The 'Middle Passage' and the abolition of slavery in 1833.


## Recommended material for revision

- Your notes in your exercise book, particularly any extended writing, and any printed/photocopied resources.
- Year 9 History Sharepoint pages or resources for your class on Teams.


## Recommended revision activities

- Condense your notes on the above topics into a series of mind-maps or flashcards (into lists of key events, mind maps and diagrams, etc.)
- Try and come up with potential essay questions for the topics above, and plan these out
- Consider your two previous essays on the causes of the First World War, and Britain's rule in India. Think about how your essays could be improved, and what your key targets from these assignments were.


## Subject: Latin

## Exam Format

The exam paper has one section:

Section One: Latin Language

Latin Language is made up of three different tests:

- Language test 1 - Vocabulary, grammar and origins of words.
- Language test 2 - Comprehension skills.
- Language test 3 - Translation skills


## Content

The exam will cover Chapters: 1-4.

Latin Language Grammar:

- $1^{\text {st }}, 2^{\text {nd }}$ and $3^{\text {rd }}$ declension Nouns.
- Present, Imperfect, Perfect of regular verbs of all conjugations.
- The imperative of regular verbs of all conjugations.
- Adjectives.
- Time expressions.
- Personal pronouns and possessive adjectives: ego, tu, meus, tuus.
- Direct Questions.
- The Present, Imperfect and Perfect Tense of the irregular verb sum.
- Vocabulary of Chapters: 1-4.


## Recommended material for revision

- Latin to GCSE Book 1
- Extra Latin Stories


## Recommended revision activities

5. Revise thoroughly and learn your grammar by heart.
6. Create flashcards for vocabulary or use Quizlet. Look for Chapters 1-4 Latin to GCSE.

## Subject: Mandarin

Exam Length: 90 Minutes

## Exam Format

Listening: Assessment in lesson
Speaking: Assessment in lesson
Reading: Reading paper (45 minutes)

Writing: Writing paper (45 minutes)

## Content

- Vocabulary: Jin Bu 2 chapter 1-5 and GCSE tasks for GCSE candidates
- Grammar List: Jin Bu 2 page 118-131
- Writing task: See writing task sheet


## Recommended material for revision

- Textbook Jin Bu 2
- GoChinese online exercise
- Previous vocabulary and grammar test worksheet
- Notes in your exercise book and homework material


## Recommended revision activities

1. Practice writing tasks from memory
2. Revise grammar list
3. Practice listening and speaking using GoChinese

## Subject: Mathematics

## Exam Length: 90 Minutes

## Exam Format

There will be one examination paper.

You will need a scientific calculator, pencil, ruler, compasses and a protractor for the test.

## Content

The exam will cover the following topics:

- Number skills including fractions, decimals and percentages
- Manipulating algebra such as:
> Simplifying expressions
> Factorising expressions
> Multiplying out brackets
$>$ Solving linear equations
$>$ Substituting into formulas
$>$ Changing the subject of a formula
- Prime Factor Trees and Highest Common Factors/Lowest Common Multiples
- Angles and shapes including:
> Angles in parallel lines, angles in triangles and quadrilaterals, angles in polygons
> Bearings
- Constructing triangles
- Ratio and Proportion
- Percentage increase and decrease and reverse percentages
- Indices - including negative and fractional powers
- Straight line graphs
- Simultaneous Equations
- Pythagoras and Trigonometry (SOH, CAH, TOA)

A breakdown of the above topics can be found in the Scheme of Work on the Maths Sharepoint

## Recommended material for revision

- Homework textbook
- MyMaths tasks
- Topic Checklists and revision pack/practice exam paper available from your teacher


## Recommended revision activities

1. Work through the practice questions
2. Complete MyMaths tasks, repeating each task aiming for $80 \%$
3. Go to Maths Clinic to find out about any topics you do not understand

## Subject: Music

## Exam Length: 90 Minutes

## Exam Format

Section A: There are four questions -3 questions will be based around an extract of music which is linked to an area of study from this year and the $4^{\text {th }}$ will be unfamiliar.

1. African Music
2. Popular Song
3. Film Music
4. Unfamiliar analysis

These will be short-answer questions which ask you to analyse the elements of music in relation to a short extract of music, (e.g. 'describe how the texture changes', 'which instruments can you hear?'). Some may be multiple-choice. There will be some questions which include elements of music theory (treble clef note names and lengths, chord identification and cadences).

Section B: You will compare an extract of music to a piece you have studied this year to an unfamiliar piece of music. You will be asked to describe the musical elements and compare them (writing in full sentences).

## Content

- African Music - key features including instruments, textures, rhythms, melodies
- Popular Song - key features including structures, chords, cadences
- Film Music - key features including how music is developed to reflect the action on screen
- Set works: Koko by Yiri and Goldfinger by John Barry


## Recommended material for revision

- Sharepoint - Year 9 pages, revision booklet will be uploaded
- Booklets from our different projects throughout the year - key words and terminology
- www.musictheory.net if you need to practice note-recognition


## Recommended revision activities

- Create brainstorms for the elements of music - think of all the terms which can apply to each element.
- Listen to the pieces we've studied this year and think about the musical terms you can use to describe what is happening
- Turn on the radio and analyse the music you hear. This exam is testing your skills in analysing music; it's not a test for which you need to learn masses of information. If you are confident in using the elements of music to describe what you can hear, this is all you need.


## Subject: Physics

## Exam Length: 90 Minutes

## Exam Format

You will need to answer all of the questions in the exam. There will be a mixture of short and long answer questions as well as calculations. You will need to have access to a calculator, ruler, pencil and a protractor for the exam.

## Content

The exam will be on all the topics covered this year.
The exam will cover the following topics:

- Energy Transfers
- Work Done, GPE, KE and Power
- Waves 1
- Motion
- Forces 1


## Recommended material for revision

- Textbook(s)
- Topic Checklists and revision material available from your teacher
- Notes in your exercise book and homework material


## Recommended revision activities

1. Condense your notes
2. Create flashcards for key words and meanings and equations (use the topic checklists)
3. Practise questions and check your answers against the mark scheme

## Subject: Religious Studies

## Exam Length: 90 Minutes

## Exam Format

There will be 2 sections in the paper.

Section A = 10 key word definitions worth 2 marks each, 3 five-mark questions, 1 ten-mark evaluation question. Recommended time spent on this is 45 minutes.

Section $B=10$ key word definitions worth 2 marks each, 3 five-mark questions, 1 ten-mark evaluation question. Recommended time spent on this is 45 minutes.

## Content

The exam will cover the following topics:

- Good and Evil
- The Devil
- Original Sin
- The Problem of Evil
- The Story of Job and Suffering
- Sanctity of Life
- Quality of Life
- Abortion
- Euthanasia
- Organ Donation
- IVF


## Recommended material for revision

- SharePoint - Middle School pages
- Glossary word list available from your teacher
- Notes in your exercise book and homework material


## Recommended revision activities

1. Condense your notes
2. Create flashcards for key words and meanings
3. Practice questions

## Subject: Spanish

## Exam Length: 90 Minutes

## Exam Format

There will be 2 exam papers:
Paper 1 ( 45 minutes) Reading and grammar. A mixture of multiple choice, tick-box and short-answer responses to texts. Translation Spanish to English/ English- Spanish. Short grammar exercises.

Paper 2 (45 minutes) Writing. Vocabulary and extended writing with clear structures provided.
Listening and speaking exams will be completed outside of exam week. Your teacher will give you the details.

## Content

- Nationalities and countries
- Free time activities in present and future tenses
- Daily routine and telling the time
- Television and film
- Invitations and excuses
- Holidays- destination, transport, activities in past, present and future
- Food- general, marketplace, quantities, restaurants
- Clothes
- Opinions on all the above topics
- Year 8 vocabulary


## Grammar

- Regular and common irregular verbs (yogo verbs, ir, ser, estar)
- Adjective agreements
- Boot verbs and Reflexive verbs
- The golden rule (conjugated verb + infinitive)
- Verbs like 'gustarle’
- Near future
- Modal verbs
- Preterite regulars and irregulars (+ car, gar, zar verbs)
- Using three tenses together
- Tú and usted
- Demonstrative adjectives
- Comparatives


## Recommended material for revision

- Textbook and exercise book
- Sharepoint- Year 9 Pages
- Quizlet


## Recommended revision activities

- Mind-maps per topic with relevant vocabulary and structures
- Practise vocbulary on Quizlet AND write it out on paper to consolidate spellings
- Review marked written work for feedback, ideas, and structures

Year 9

## NOTES

## Top Tips: Exam Technique

## Exam Strategy

Success in exams involves not only having a thorough knowledge of the subject matter but also making the most of your knowledge in the exam through effective answering technique. Two pupils with identical knowledge and ability can sit the same exam and their final grades can differ by as much as $25 \%$. The difference in result is down to having an effective strategy and exam technique.

## Here are four golden rules to apply to all your exams:

## 1. Allow time to read the paper carefully

Make sure you really understand a) how many questions there are and; b) exactly what is being asked of you before you rush into answering the paper. Mistakes are easily made by failing to fully understand what you are being asked about, or even missing out a question that could be, for example, on the back page!

## 2. Stick to your "game plan"

For each subject you should have an idea of what will appear in the exam, and you should be able to come up with a plan to deal with this. In most cases the questions will be as expected, but there will always be surprises to deal with in some papers. Don't get flustered. Stick to your "game plan", and trust your judgement.

## 3. "Sweep up" any mistakes

In the pressure of the exam room it is easy to make basic errors. These errors could cause you to lose you valuable marks. Misreading an instruction is a typical example. Simple miscalculation can lose you time as you try to figure out why your answer is wrong. Be disciplined with your time. Always leave a few minutes at the end to tidy-up errors. Simply changing a definition / formula / calculation could be the difference between a good and an average grade.

## 4. Attempt all questions

It is amazing how many exam scripts are handed in unfinished. Every year, capable pupils who didn't get time to finish a paper lose easy marks. Don't fall into this trap. Work on the basis that you will write an answer to every question. It is much easier to get the first $20 \%$ of the marks for any question than the final $5 \%$. You can always polish an answer further but, if there is no attempt made a question, your teacher can't give you any marks.

## The Teacher's View

The job of your teachers is to give you marks, not to take them away, but they are powerless to help you if you fall into the most common traps. These are the most common pitfalls they have identified:

## 1. Not reading the question correctly

3. Find $x$.

Ocular Trauma - by Wade clarke e2005


This is one of the most regular and fatal errors: it is often called the 'triggered answer'. You have your pre-prepared answer ready but you don't look at exactly what the question is asking you, and therefore write the wrong information in your answer.

## 2. Not finishing the paper

Bad time management in an exam can easily bring you down a grade. The biggest exam 'crime' is to leave questions that you have not even attempted. Remember: it is much easier to get the first $\mathbf{2 0 \%}$ of the marks for any question than the last 5\%. Let's pretend you have to answer five questions and you are stuck on question three: do not spend your remaining time extending and perfecting that answer. Instead, move on to questions four and five, even if your answer to question three is only a draft. If you have answered only three questions instead of five, the highest mark you can get is $\mathbf{6 0 \%}$.

## 3. Ignoring the marking scheme

You must take the marking scheme into account when you allocate time to each question or part of a question. Lots of marks normally = lots of points to make; few marks = only a few points to make.

## 4. Repetition

Make the point once. There are no extra marks for restating facts, even if you phrase them differently. Repetition is a very common mistake. It also wastes time and can be irritating.

## 5. Missing part of a question

Sometimes part of a question can be carried onto the next page and, in the pressure of the moment, you don't see it. As a consequence you might fail to do a compulsory part of a question or miss out on the chance to take an option that would have suited you better. Always take time to familiarise yourself with the whole paper before you start answering it.

## 6. Rough work

Include your rough work with your exam paper - you might get some credit for any plans or "workings-out" written on it.

## Final Preparation for Exams

## Performing on the Day

## 1. Get a good night's sleep

While the temptation can be to stay up half the night 'cramming' in more facts and figures, the evidence suggests this approach is counter-productive. In the context of a year's work, an extra night's studying can make very little difference to your knowledge. Having a mind that is refreshed, alert, and ready to face the exam can make all the difference.

## 2. Arrive in plenty of time

To perform well on the day, you need to be relaxed and to feel in control of the situation. This is difficult to achieve if you have missed breakfast and are stuck on a bus in traffic or standing on a train for 45 minutes as the exam time approaches. You will need about 15 minutes 'quiet time' to mentally rehearse your exam and run through your 'game plan' for the final time.

## 3. Have your equipment ready

Each exam has its own requirements. Apart from properly functioning pens, pencils, rulers, etc. you may need a calculator for the Maths or Science exam. Drawing pencils may be required for diagrams in some subjects. A lot of nervous energy can be expended on last-minute hassle if these items aren't checked in advance.

## 4. Think positive

On the day of the exam remind yourself of the good things (the material you know well, the revision you have completed, all the past exam questions done, the good grades achieved) rather than dwelling on areas of weakness. Having that self-belief will give you the confidence to trust your judgement within the exam room and answer questions with calm and confidence.

## 5. Maintain your focus

There can be a lot of tension, drama, and hysteria in the air on the days of an exam. You want to keep the balance between maintaining your focus and interacting normally with your friends and classmates. Surround yourself with people who are likely to add to the calm rather than add to the clamour.

## 6. Beware of post-exam analysis

The more you participate in the exam post-mortem, the more confused and disheartened you are likely to become. You can't change what has happened, you can only focus on the present and this will need your full attention.

## Who to ask for help



