

EXAM PREPARATION

Teenagers today seem overloaded by things to do and information to absorb. It's not unusual for a young person to come home late from school because of an after-school activity, turn on the TV and computer and be messaging friends while watching a programme with one eye, texting on the mobile with the other, somehow managing to play a computer game as well while eating a hasty meal. All before dashing out to another club or meeting friends where they'll text friends who aren't there at the same time as listening to music, chatting and maybe watching one screen or other and playing computer games.

It is impossible for a student to be without their technology. The problem is when technology becomes more of a burden than an aid, especially during revision and exam time.

TIME/REVISION MANAGEMENT

You may recall from your own experience that revising for an exam can be as stressful as the exam itself. This hasn't changed much over the years. Often, students will be juggling information on several subjects, wondering which topics to revise, and they may sometimes question their own ability. After all, this is a crucial stage in their lives, and their exam results will partly decide what they do for the next few years.

Plan, Prioritise, Organise

- Find a quite comfortable place to study
- Make a study plan and stick to it
- Prioritise your study
- Organise your notes

Take the stress out of study

- Make study part of your daily routine
- Do a little each day
- Break your study into manageable chunks
- Eat well, sleep well, study well

Make it work

- Turn off all mobile devices
- Tackle your most difficult and least-liked subjects first
- Understand your study topic in your own words
- Rewrite class notes during your study time
- Write questions and answers on flashcards
- Test yourself regularly – don't wait for the test!
- Prepare for exams using practice questions and past exam papers

Be confident and calm!

- Remember confidence is the key to exam success
- Keep calm – stress will stop you reaching your true potential
- Remember revision is just going over material you've already learned
- Keep calm and study on

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If your student understands what sort of learner they are (auditory, visual or kinaesthetic) it can help them learn and revise efficiently.

FOREST is an **app** helping you stay away from your smartphone and stay focused on your work. You plant a tree when you want to focus and if you stay off social media it grows. There are a number of variations on this.