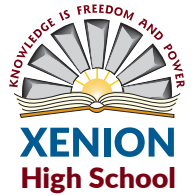


USEFUL TIPS

before Exams



The time has come for internal and external exams! You have taken exams many times before and I'm sure you feel confident and able to tackle the exams you have chosen. Exams are useful for many reasons. As you grow up, you will realize that, in life, we have to take many exams and the more we get used to them, the better for us.

Being calm and confident helps us to study more efficiently, while fear and stress interfere with our studies and make us feel ill. Stress may cause the following:

Stress

Mental

Difficulty in concentrating
Easily distracted
Forgetfulness
Confusion
Indecisiveness
Negative thoughts, like:
"I don't think I can do it"

Emotional

Panic
Fear
Anxiety
Desperation
Frustration
Irritability

Physical

Backache
Tummy ache
Shivering
Headache

Behavioural

Difficulty in organizing our time
Tears
Refusal to study /
aversion to studying
Missing the exam
Social isolation

On the other hand, staying calm and optimistic helps us study while fear and stress can damage our health and our concentration.

- Organise your time and try to study in a quiet area. This means that you should turn off your mobile phone, the TV and your laptop. Liasing with friends also interferes with your studies. Be strict about how much time you spend watching movies or using your ipad, your laptop, logging on facebook or any other social media.
- Being disturbed constantly by friends is a disaster for your study time. Try to remember what you have been taught in class and what your teachers have advised you to concentrate on and pay attention to.
- Remember the proverb "Hard work now will bring its own rewards".
- Focus all your effort and strength on your revision. It is worth getting tired in order to invest in your future.

- Make sure you sleep well (8-9 hours at least) and get to school 20 minutes before any exam and have all the necessary equipment you may need (pens, Geometric & Mathematical Instruments etc – Tip-ex is not allowed)
- Exams are just like a revision test, so don't be anxious. The syllabus you have covered is not unreasonably heavy. You have already done two or three tests, which means you have already memorized a lot of things. When the exam papers are handed out take a deep breath, close your eyes and tell yourself, "I am calm and I am ready to begin – I can remember everything". Any negative thoughts, like "I can't do it", have to be replaced by more positive thoughts, like "I've done well enough until now; I'll do my best to succeed. I can do it". Gradually you will find that you begin to remember everything, especially if you have been studying properly during the year.
- Using the right techniques helps you to succeed in exams or tests. Start with the easier exercises. Don't waste time on what you find difficult or can't remember straight away. Read each question and instructions carefully. Make sure you pay attention to all parts included in the questions. Understanding the question fully before you begin is very important. When you have finished, check that you have tackled all the different parts of a question. When you finish the exam check again, both your answers and whether you have answered everything! Try to keep your paper neat and write clearly. Avoid long-winded answers, keep to the point.

Good luck!