

Preparing for exams

In the time you have left before you sit your exams it is important that you exams use your time wisely. Effective performance on the day is the culmination of all the preparation you have put in class and at home. Effective preparation requires you to develop skills and techniques to assist in your study. Developing these skills and putting them into practice will assist you in to do the very best you can. The following links will assist you in developing these. There is also a study timetable with which you can plan your time. Share this plan with your parents/carers so that they can support you in the run up to your exams.

Tips for successful studying:

1. Have a clear idea what you want to achieve by the end of each study session. Write down three or four things you want to know or understand by the end of each session. This will mean your studying is more focussed and more fruitful.
2. Work for no longer than two hours at a time. Set a time goal and stick to it.
3. Know how you best study. Some people work best in complete silence, whereas others find having music on in the background helps their concentration. However, avoid visual distractions in the room i.e. TV or computer (unless of course you are studying on line!).
4. Build in breaks to your study time.
5. Discuss what you've studied with your friends and family, this will help a) Develop your summary skills and b) Reinforce what you learned in your mind.

6. Practise past papers under timed exam conditions. This will prepare you for the day and help you spot areas where you need more revision.
7. Make a list of what you need to study in each subject and work your way through it.
8. Make a note of things of any things that come up while you are studying that you are unsure about. Ask your teacher about them next time you are in class or supported study.
9. If you are finding it difficult to progress because you are stuck, STOP, take a break and clear your head.
10.
Don't be influenced by friends who tell you they have done little or no revision. You are on your own in the exam hall, and their lack of preparation will do you absolutely no good whatsoever. You alone are the best judge of how much you need to do.

FINALLY: - Keep a sense of perspective. Remember this time in your life does not last long and the effort you put in now will be well worth it in the long run.

LINKS TO SUCCESS

The following links should prove useful to you :

For help with developing the skills necessary for effective studying e.g. summarising, developing memory etc.

<http://www.ltscotland.org.uk/studyskills/fourthlevelsenior/index.asp>

For subject specific study guides and links to other useful websites.

<http://www.ltscotland.org.uk/nationalqualifications/exampreparation.asp>

For information on:-

Making the most of exam week

Getting it right on the day

Coping with stress

Time management

Creating a study plan

Help and support

Effective study habits

Past Papers

Reading and note taking

<http://www.sqa.org.uk/sqa/41319.2543.html>

