

PREPARING FOR COLLEGE EXAMS

Top Tips for Maintaining Concentration

Prepare a revision timetable and start each revision session on time.

Study in an area free from distractions and interruptions.

Work in a comfortable area – good light, fresh air, seating, etc.

Undertake demanding tasks when you are feeling at your best.

Actively engage with your revision rather than just reading passively.

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Top Tips for Maintaining Concentration

Complete each task within the time allocated.

Review each task for a few minutes before moving on to the next.

Don't work for too long on any one task.

Take frequent breaks. As a minimum, take a few deep breaths, stand up, flex your arms and walk about.

Mix up different kinds of activity.

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Before the exam...

Know your exam timetable - highlight yours in colour and put them on your calendar.

Know where and when you need to be and give yourself enough time so that you are not rushed.

Allow time for your brain to get into action, maybe take a shower first thing?! Grab some breakfast at home, at school or eat some fruit as you walk to school.

Check the exact subject of the exam, how it will be structured (e.g short answer section and an essay) and how the marks are awarded.

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Before the exam...

Sort out everything you need the night before e.g books/equipment (calculator for science and maths).

Keep thinking positive thoughts! For example, "I've tried my best", "I'll be fine".

Take water into the exam - your ability to remember and your concentration improves by 70% if you are hydrated.

Leave yourself time to go to the toilet before the exam.

Keep to normal routines - sleep and wake up at a normal time.

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During the exam...

Being nervous is normal and gives your brain extra adrenaline to help you make a final effort.

Know how many marks each section or question is worth and how you should split your time.

Do not make any contact – even a smile – to other candidates in the exam hall. You could be disqualified.

If you struggle on a question, take a few deep breaths, turn over and move on to something you can do. Come back to it later on.

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During the exam...

As you read, mark off questions you can do and then choose the best ones for you. Check that you have chosen the right number of questions.

Read the instructions and read through the paper.

Consider spending the first couple of minutes writing down key formula or facts that you might need.

Listen to the invigilator for any last-minute instructions.

Take some deep breaths and stay positive!