

ACE YOUR EXAMS:

A GUIDE FOR STUDENTS



Why Prepare for Exams?

- Exams test what you've learned
- Good preparation reduces stress
- Proper preparation leads to better results
- It builds valuable study skills for the future

Why do you think exam preparation is important?



Know Your Assessment Calendar

- Check your exam dates carefully
- Make a countdown calendar
- Plan study time for each subject
- Include breaks and fun activities

*How can keeping a schedule help
reduce exam stress?*



Gather Your Study Tools

- Collect textbooks, notes, and past papers
- Have pens, highlighters, and paper ready
- Find a quiet, comfortable study spot
- Consider using digital tools like flashcard apps, Quizlet, MindMeister and RemNote

What's your ideal study environment?



Revision Apps

Quizlet



Pick what you want to study, like science or HASS. Make your own flashcards, or you can use ones that other students and teachers have already made.

Quizlet turns those flashcards into games and study modes. You can play matching games, take practice tests, and even learn by listening to the words. It's like playing while you learn!

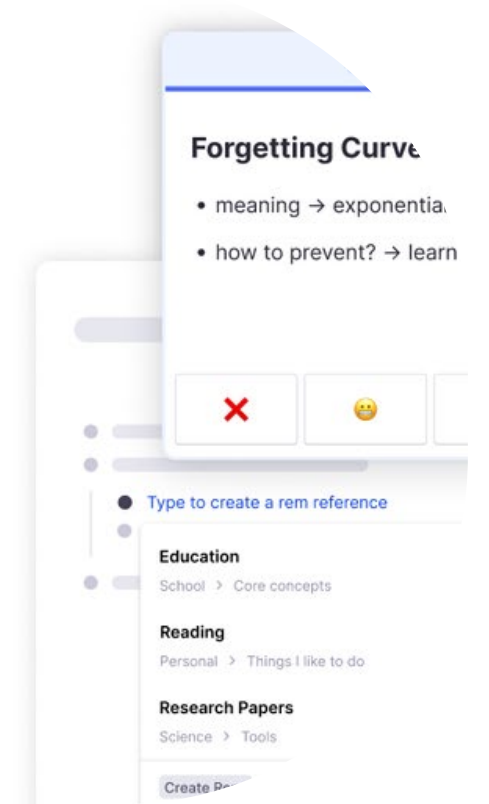
Revision Apps

RemNote

Use memory techniques to create flashcards that resurface at the best time for retention, right within your notes.



**The all-in-one
app for thinking
and learning**



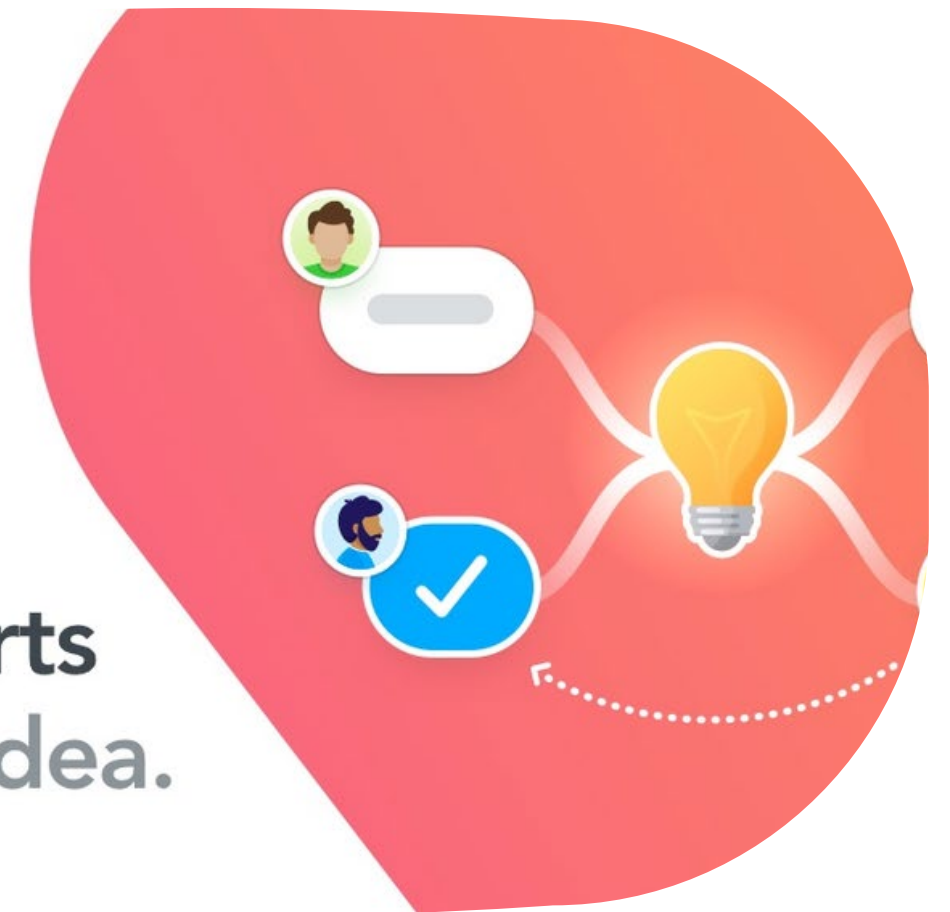
Revision Apps

MindMeister

Mind mapping starts with a main idea in the center of your mind map. Create subtopics and explore your thoughts, colour coding for clarity and style. As your map takes shape, add context to topics.



It All Starts
with an Idea.



Create a Study Plan

- Break subjects into manageable chunks
- Alternate between different topics
- Prioritise subjects based on difficulty and exam dates
- Create a weekly revision timetable
- Set specific goals for each study session
- Plan 30-45 minute study sessions
- Take 10-15 minute breaks between sessions

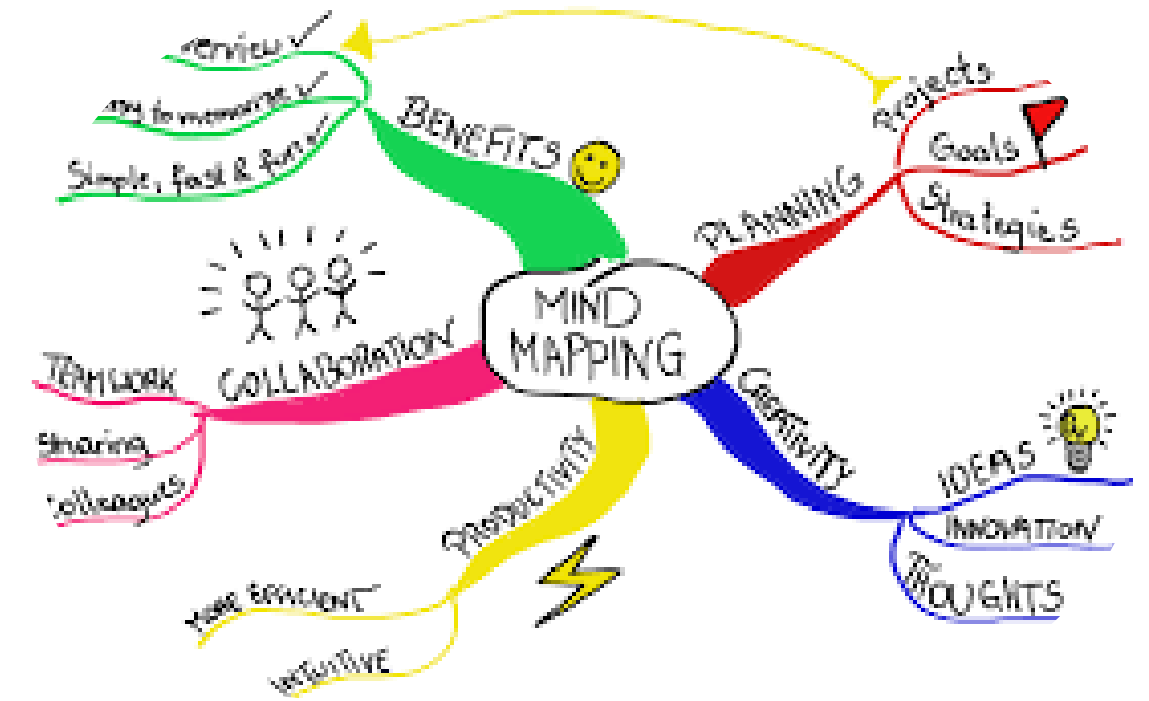
How might you divide your study time among different subjects?



Active Study Techniques

- Quiz yourself or study with friends
- Create and use flashcards
- Draw mind maps or diagrams
- Teach concepts to others

Which of these techniques do you think would work best for you?



Take Care of Your Health

- Get 8–9 hours of sleep each night
- Eat nutritious meals and snacks
- Stay hydrated with water
- Exercise regularly to boost your mood and energy

*How does your physical health
affect your mental performance?*



Manage Exam Anxiety

- Practice deep breathing exercises
- Visualise yourself succeeding
- Talk to friends, family, or teachers about worries
- Remember: one exam doesn't define you



What strategies help you feel calm under pressure?

Exam Day Tips

- Arrive early with all necessary supplies
- Check the room number (e.g., CN202)
- Go to the toilet before the exam
- Read questions carefully before starting (perusal time) and highlight key words
- Plan your time for each section
- If stuck, move on and return later

How can good time management help during an exam?



Water Bottle

- Bring a filled water bottle for your exam session.



Stationery

- Exam stationery must be in a clear container/bag.
- Ziplock bags can be used.
- Bring:
 - two black/blue pens
 - two different coloured highlighters
 - two pencils
 - a rubber
 - a small ruler
 - a sharpener
 - a calculator



No Smart Devices

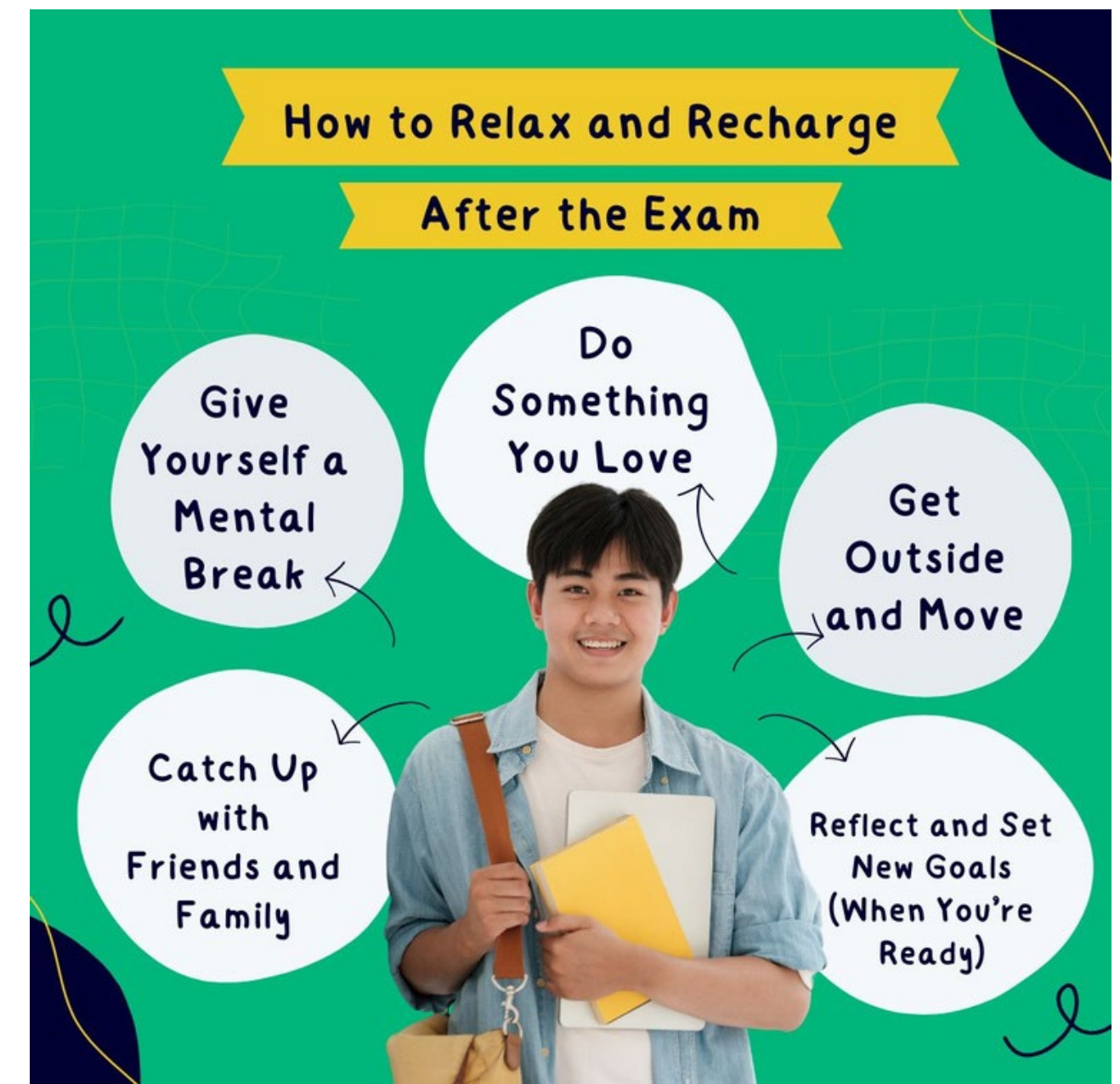
- Phones must be locked away in the pouches
- Smart watches must be placed at the front of the room and can be collected after the exam.



After the Exam

- Avoid obsessing over answers
- Reward yourself for your hard work
- Reflect on what went well and what to improve
- Develop a growth mindset: see challenges as opportunities
- Practice positive self-talk and affirmations
- Learn from past mistakes and setbacks
- Seek support from teachers, family, and friends
- Start preparing early for the next exam

How do you like to unwind after the exam?



You've Got This!

- Believe in yourself and your abilities
- Every step of preparation helps
- Learn from each exam experience
- Remember: your best effort is all anyone can ask

What's one thing you'll do differently to prepare for your next exam?

