

Tips to help you make the most of your exams

1. Make the most of your study time

Make sure you are organized by drawing up a schedule and work out how much time you need to study each subject.

By doing this you won't get into a panic and then just hope for the best.

Start studying early by setting time aside every day, and take a short break every 45 minutes to enable your brain to process what you have studied. Avoid cramming the night before – this is not the way to get good marks.

Make sure that you study in a well-lit, quiet area and switch your cell phone off. Cell phones are a major distraction when trying to study!

2. Get a study buddy

Team up with one or two friends and start a study group with friends. This will provide you with moral support and variety, and it is motivating to have people around you who are working towards the same goals.

Use this time to test each other on different parts of your work so that you can see where you need to put in more effort.

3. Don't be scared to ask for help

Don't be scared to ask your teachers for help – they are there to help you and will be happy to assist.

If you need clarification on a topic you're struggling with, ask your teacher to explain it to you again. There is no need to panic in silence when you have a support network to help you.

4. Manage your stress

It is perfectly normal to experience exam stress, this has even been proven to be a positive motivator – just ensure that you do not have too much stress as this can have a negative effect on your achievement. Too much stress can be prevented by starting to study early so that you can go through all your work.

To avoid too much stress, take regular breaks, exercise daily, and spend some time relaxing with friends. If you start to feel frustrated or overwhelmed, step away from the books for a while.

5. Ask for help

Don't be afraid to ask your teachers for help – they are there to assist you.

If you need clarity on a topic you're struggling with, ask them to explain it to you again. Don't panic in silence when there are teachers to help you.

6. Ensure that you get plenty of sleep

Rest is good for your brain – ensure that you get at least eight hours sleep each night and avoid studying until the early hours.

Sleep is vital to exam success!

7. Prepare the night before

Make sure that you pack your bag the night before so that you can avoid forgetting something at home or a last minute rush the next day.

Don't forget to pack essential items such as enough pens, pencils, erasers, a ruler, a calculator, etc.

8. The morning of your exam

Get up early and eat breakfast so that you have enough time to get ready and eat a healthy breakfast. Hunger will slow down your brain and distract you during your exam.

Make sure that you are dressed according to the School's dress code and neatly groomed. You do not want unnecessary stress of being reprimanded or sent home for not adhering to the school's Dress Code.

9. When writing your exams

Before starting to write, avoid discussing what you have studied with your friends. This can cause confusion when they mention something, and this information could be wrong! Use the time before the exams to go over your work quietly.

When writing your exam, make sure that you read the question carefully, correctly and make sure that you understand what is being asked. Read all instructions carefully and allocate time for each question so that you don't run out of time.

If you come across a question which you are not sure about, skip it and carry on with the other questions. You can return to this question later.

Make sure that you use all the time given for the examination, do not rush through the exam paper and then spend the rest of the time sleeping / resting or looking around. Go over the questions again and check your answers, often you will remember more about the question and can then add on to your answer. Always remember – you can only do your best.

REMEMBER : NO CELL PHONES ARE ALLOWED – THESE MUST BE HANDED IN AT THE START OF SCHOOL.

WISHING YOU ALL EXAM SUCCESS!