

# Taking Exams in Your Stride

## YOUR GUIDE TO MINDFUL REVISION



An organised and mindful approach to revision will help ease the stress that comes with the exam period.

Our tips below are designed to help you create a calm revision space.

### Introduce short social media detoxes

Improve your ability to concentrate for multiple hours ahead of your exams by **switching off your phone** and moving it to another room for periods of time during timetabled revision sessions. This might help remove the temptation of distraction and focus your mind.



### Little and often revision beats cramming

Short, regular revision sessions are more effective than spending hours trying to cram. Allocate **15-minute blocks** to a particular topic or subject to keep yourself engaged and motivated.

### Positive reflection

At the end of each revision session, list **five things you've learnt**, **three things you'll confidently remember** and **three things you're still unsure about**. When you return to your notes, focus on filling the knowledge gaps.



### Try relaxing, instrumental music

A lot of people struggle with working in complete silence, but many also find a lot of music distracting. **Instrumental studying music** could help you find a background noise that won't distract you from your task.

### Include breaks in your revision timetable

Ensure you're including **time to do things you enjoy** and are scheduling proper breaks alongside tasks in your revision timetable. This will help you manage your time and break up long revision periods.

### Try mindfulness

Feeling some stress around exams is natural, it's when it becomes too much that it becomes a problem. Mindfulness practices help calm activity in the bit of your brain associated with worry. **Five or ten minutes sitting quietly** can create a sense of calm and reduce worry (and also helps increase your focus and memory!).

### Keep things in perspective

Whilst exams and qualifications are stepping-stones to your future, they are not the be all and end all and **the most important thing is that you try your best**.

## A Calm and Steady Approach to Exams

The exam period can be a really stressful time. We want to help you to prepare and take your exams in your stride with these useful tips

### Before you start your exam

Make sure you **understand the instructions** on the front of your exam paper, including which questions to answer. Ensure you have **all the documents** and **tools** you need to complete the paper.

Check **how many questions** are in the paper and **how many marks** the whole paper is worth. You can use this information to plan your exam time effectively.

### When your exam begins

**Read all the questions carefully** as a starting point and ensure you understand what each question is asking you to do.

**Identify if any questions look more difficult** or have more marks allocated to them. Make sure you **leave enough time** to answer these challenging questions in full.

**Highlighting, underlining or circling the main points** of the question will help keep key points in mind as you write your answers.

For longer answers, spend a little bit of time **planning the points you want to cover**. This will keep your answer focused and make sure you don't forget anything important.



## If you get stuck on an exam question

**Try not to panic** if you are unsure about a question. **Take a deep breath** and move on to questions you're able to answer confidently – that way you won't miss out on any marks. Many people find that the answer to a question comes back to them later in an exam.

If you're still stuck, **note down anything you know** about the topic, as you may be able to use some of this in your answer. Do your best with what you can remember. **It's better to have a go than to leave the question blank.**

If you begin to feel anxious or upset, spending a minute or two **breathing gently and deeply**, which will help you get back in control.



## At the end of your exam

**Re-read every question** and **your corresponding answers** to check you've answered the question in full.

Look out for any **small spelling or punctuation errors** and correct them in your final proofread.

**Treat yourself in some way** once the exam is over. Exams can be very challenging and stressful and you deserve a well done just for completing them.



**Good Luck!**

**And remember... You've got this..!**