

Handy Hints in PE & HE

Tip 1 – Condition yourself for the exam

Think about the exam conditions and try (as best you can) to replicate them while studying eg

No listening to music, get yourself used to sitting in silence while working/concentrating.

Put your phone away and no checking social media (you wouldn't do this in exam unless you want thrown out). Get yourself used to not checking your phone.

Sit on seat at a table. You won't get to lie down in exam hall.

Tip 2 – Use the Peak for Exam steps

For your exam you will be under time constraints and also not have your notes in front of you. In your revision in the lead up to the exam you should be looking to gradually remove these supports from your studying/revision. Even look at doing your own prelims under time constraints. This will also help you practice sitting for the length of time required as well getting you ready for exam. Remember to always bring your work in to get marked for feedback.

Tip 3 – Feedback is your friend

Completing past paper questions will have more value if you get them marked. The teacher can let you know what you are doing well and, more importantly, what you need to work on.

Constant feedback is the surest way to develop and improve.

Tip 4– Revise smarter/Use Active revision

Avoid passive revision techniques such as re-reading, copying out again, and putting notes on computer. Look to be more active with your revision with techniques like mind mapping, annotating texts, quizzes, making index cards and (in my opinion the best one) completing past paper questions (always getting them marked)

Tip 5– You are not a machine

To combat stress/anxiety of exams/studying ensure you have some “me time”. Ideally this would involve being active. Physical activity is key way of combating stress/anxiety.

Tip 6– Think of this quote below

“It is better to fail in practice in preparation for the big stage (exam) than in the big stage (exam) itself. The more we can fail in practice, the more we can learn, enabling us to succeed when it really matters (the exam)”