

# EXAM SLAM

Barrhead High students surveyed S3-S6 pupils in Barrhead & St Luke's High schools. The posters illustrate how some issues affect them and what people around them could do to support them.



Funded by East Renfrewshire Council's Participatory Budgeting Scheme Supported by Barrhead Parent Council



**ASKING TEACHERS IF YOU DONT UNDERSTAND**



**BEING ORGANISED**



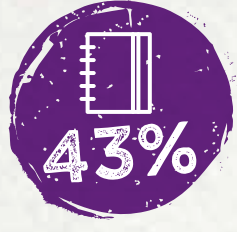
**FLASHCARDS**



**LISTENING TO MUSIC**



**AVOIDING DISTRACTIONS**



**SIMPLE STUDY NOTES**



**REVIEWING NOTES ON DAY OF EXAM**



**DOING PRACTICE EXAMS**



**STUDY IN SHORT BURSTS**



**FIND A GOOD SPACE TO STUDY**



**EXERCISE**



**MAKING A STUDY PLAN**



**READING OUT LOUD**



**TESTING KNOWLEDGE WITH A PARTNER**



**TEACHING SOMEONE ELSE**



**EAT WELL**



**MNEMONICS (RHYMES)**



**STUDYING WITH GOOD ATTITUDE**



**STUDYING BEFORE SLEEP**



**STUDYING IN A GROUP**



**BREATHING TECHNIQUES TO STAY CALM**

## WHAT COULD YOUR TEACHERS DO MORE OF TO SUPPORT YOU AT EXAM TIMES?

- MORE REVISION IN CLASS
- TALK TO US
- LISTEN WHEN WE DON'T UNDERSTAND THINGS
- MORE CHOICE IN WHAT WE STUDY IN THE WEEKS BEFORE EXAM LEAVE
- MARK MY WORK QUICKLY
- SUPPORT US EMOTIONALLY
- LOTS OF STUDY SESSIONS TO GO THROUGH PASS PAPERS
- GIVE US STUDY TECHNIQUES FOR THEIR SPECIFIC SUBJECT
- NOTHING THEY ALREADY DO ALL THEY CAN!
- MORE REVISION MATERIALS
- DON'T STRESS US OUT MORE. WE UNDERSTAND IT'S IMPORTANT.
- REMIND ME OF MY STRENGTHS
- PREVIOUS TOPICS AS STARTERS



## WHAT COULD YOUR TEACHERS DO LESS OF TO SUPPORT YOU AT EXAM TIMES?

- LESS IMPORTANT HOMEWORK
- CONSTANTLY GOING ON ABOUT THE EXAMS. NEWS FLASH. WE KNOW!!
- SAYING THINGS ARE EASY, WHEN SOME PEOPLE FIND THEM DIFFICULT
- PROJECTING THEIR STRESS ONTO US
- STOP REPEATING HOW CLOSE DEADLINES ARE
- KEEP DOING WHAT THEY ARE DOING THEY'RE GREAT!
- ACTING LIKE EVERYTHING WILL BE FINE AND I'M OVERREACTING



## WHAT COULD YOUR PARENTS/ CARERS DO MORE OF TO SUPPORT YOU AT EXAM TIMES?

- MAKE ME FEEL MORE CONFIDENT
- MAKE ME STUDY!
- UNDERSTAND IT'S DIFFERENT FROM WHEN THEY SAT EXAMS
- NO HOUSEWORK TASKS
- MORE TREATS!
- STOP INTERRUPTING
- NOT COMPARE ME TO MY FRIENDS
- BE MORE AWARE OF THE STRESS AND PRESSURE TO DO WELL
- LEAVE ME IN PEACE TO STUDY
- NAG ME MORE
- DON'T BE NEGATIVE
- HELP ME WHEN I ASK
- HELP KEEP DISTRACTIONS AWAY
- HAVE FAITH IN ME
- ENCOURAGE ME DON'T NAG!



## WHAT COULD YOUR PARENTS/ CARERS DO LESS OF TO SUPPORT YOU AT EXAM TIMES?

- STOP PUTTING SO MUCH PRESSURE ON ME
- BE ANNOYING
- LESS HOUSEWORK
- SAY 'STOP WORRYING'
- SAYING HOW PERFECT THEY WERE AT EXAMS
- MOANING
- NAGGING THEY DON'T ALWAYS SEE THE WORK I PUT IN.
- NOTHING THEY ARE A BRILLIANT HELP!
- COMPARE ME TO MY SIBLINGS

