

TIPS FOR THE LAST TEN DAYS TO EXAMS

1. Get organized

The night before the exam is not the time to be sorting out piles of notes. Get a folder for each subject and get rid of anything that is not relevant to the actual exam. Try and plan exactly what you will revise the night before the exam. Without wasting too much time, try summarising your notes onto single sheets covering just the main points to trigger your memory.

2. Study smarter

Rather than sitting for hours on end reading passively, try to study in sets of three 40 minute bursts with each 40 mins being devoted to a particular subject or topic. Make sure to take a good break preferably with exercise between each 2 hour session.

3. Practice past exam questions

By now hopefully you will have covered almost all topics so now it's time to test yourself by doing real past exam questions. Research shows that if you study with a question in mind rather than just scanning a topic you will be more likely to remember it.

4. Get your mock paper out

One of the best things you can do is to review your mock paper from a few months ago. Look carefully at where you lost marks. If you haven't learned where you went wrong or found the gaps in your knowledge then it's likely that you'll make the same mistakes again in the real exam.

5. Know the layout of the paper

Make sure you're familiar with how the paper will be structured. Many students waste lots of time in the exam figuring out what questions they should be doing.

6. Eat, drink and exercise

Never study hungry, now's not the time to diet. Your brain needs a constant supply of glucose to work for you. This doesn't mean stock up on sugary sweets. Slow release carbohydrates such as cereals in the morning are good brain food. Stay hydrated by drinking plenty of non-caffeinated drinks and take lots of short breaks. Doing exercise when you're feeling drained will actually leave you feeling energized.

7. Do some group work

When you have spent hours on end studying alone, group study sessions can be a great way of testing your knowledge and seeing what you need to work on. Go through an exam paper and take turns explaining to each other how you would answer any question. It's amazing how much more you will remember when you've explained it to someone. Just be careful to stay focused.

8. Look after yourself

For most Irish people, doing the Junior and Leaving Cert exams will be one of the the most traumatic things they ever do. It can also be an exhausting time. It's really important to try and keep some level of perspective and normality in your life. If stress levels are getting a bit much for you, the best thing you can do is to talk to others

9. Gather Your Materials

Most students don't really think about what their limits are. When we don't know what to do, it's useless to think about how to prepare.

The more you have your weapons prepared, the higher your chances are of winning the battle.

10. Believe in Yourself

If you hesitate to say "I can win," you're only hindering yourself from winning. The stronger your determination, the stronger your final results will be.

Don't think about your previous failures. If your determination is strong, anything is possible. Don't think about words like "can't," "fail," and "impossible." Say out loud to yourself, "this is possible!" Believe in yourself.

11. Use Your Time Wisely

Make sure you give yourself 7-10 days and if you properly study and are focused, you'll be able to successfully get through the test. When you have a plate full of rice, you take it in by the spoonful. Not all at once. The same concept applies to your exam studies. Divide the workload among those 10 days equally and commit to the load you've assigned yourself on each given day. This helps to break your huge course into small, digestible pieces. Now, it is easier to get through.

12. Focus on the Important Material Only

Only Study the Important Stuff!

While studying, you'll definitely come across many irrelevant facts and pieces of information that will likely not be tested. I've always been a student who was just fair in academics. Make sure that you focus only on what's going to be tested. You have to be very specific and to the point. Many of the problems we incur in our educational career arise because we create them ourselves. Focus only on what is important and relevant, and forget the rest.

13. Prioritize Your Schedule

It's a crucial time and you'll need to prioritize your time. Fun may have to be delayed for now. Set your phone on silent mode and stop the usual wasteful texting. Don't waste time watching your usual movies and TV shows, and only listen to songs if they help you study. Parties are fun, but they'll need to wait until your exams are over—you have far more important things to achieve in this period. Promise your friends that they'll see you more after this 10-day study period. This time is crucial in all aspects. Don't waste it on activities that can hurt your grades.

14. Proper sleep

Take at least 6 hours of sleep. Don't compromise on your sleep as it will have a negative impact on your health.

15. Avoid Comparison

Don't try to compare your preparation with those of others. It will either make you overconfident or throw you in a panic mode.

REMEMBER

**Success does not lie in the Results, It lies in Efforts.
Being the Best is not important, doing the Best is important.**