

Exam Studying and Writing

Study plans need to be realistic

- study in shorter blocks of time 30-40 minutes TAKE A BREAK – STRETCH – WALK
- study with pen and paper
- set up a quiet place free of distractions
- TURN OFF PHONE and TV – they will not be on for your exam so turn off for study
- talk aloud to yourself, speaking and hearing are good study tools
- plan to re-write key points for each unit
- use compression method: take 3-4 pages of notes and reduce to 2 pages, then reduce to 1 page, then maybe ½ a page all the while writing out the points and memorizing
- use past tests and past unit review sheets: exams are made up of past tests
- build a vocabulary section, review any diagrams
- repetition gives birth to perfection: REPEAT OFTEN: 7 TIMES IS BEST
- complete the exam review
- say POSITIVE STUFF TO SELF – positive talk – positive results
- get a good night's sleep, lots of ZZZ's
- be prepared for the morning

EXAM DAY

Grade 9 and 10 -arrive with study notes to review for 30 minutes before exam starts

Grade 11 and 12 – arrive with textbook to hand in

-BE IN UNIFORM

FIVE KEY STEPS for SUCCESSFUL EXAM WRITING

- 1. NAME.**
- 2. SHORT TERM MEMORY DUMP:** on a blank piece of paper or on the exam cover put down any and all of the lists, formulas or quotes you have crammed into your brain before you start.
- 3. READ / SKIM THE EXAM:** Power read the multiple choice/matchups. READ the short answer and the long answer question, note how many marks each is worth.
- 4. RE-READ THE ESSAY QUESTION:** jot down any ideas for answer.
- 5. START WRITING the EXAM:** start with easier section first, use the multi-guess, match-up, T/F section for any ideas or hints for the long answer, jot down any ideas as they come to you, pay attention to vocabulary.

If you can't remember an answer move on, do not panic... put a star beside the question and come back to it. Sometimes other stuff will trigger an answer.

Re-read the finished exam...correct any mistakes try to add more thoughts if possible.

Be sure to try all questions.