

Year 11: GCSE revision



NATIONAL
CHURCH OF ENGLAND
ACADEMY

Exam preparation

The best revision in the world can be wasted if you're not prepared by mentally and physically for the exams. Here are some simple examination tips on how to prepare:

1. Eat well during the exam season. Foods like pasta are great the night before as they help to build up energy;
2. On the day of the exam you must have breakfast even if you're really nervous. If you don't you're not giving your body any fuel to get through the day. Porridge is fantastic as it releases energy slowly, while bananas work in the same way;
3. Don't stay up late the night before cramming in last minute revision. It's much better to go in after a good night's sleep;
4. The morning of the exam, look at key words from your revision; don't look at anything new as you'll just end up panicking;
5. **DO NOT** have an energy drink before the exam! They don't help your brain to work logically and you will suffer an energy crash in the exam.

