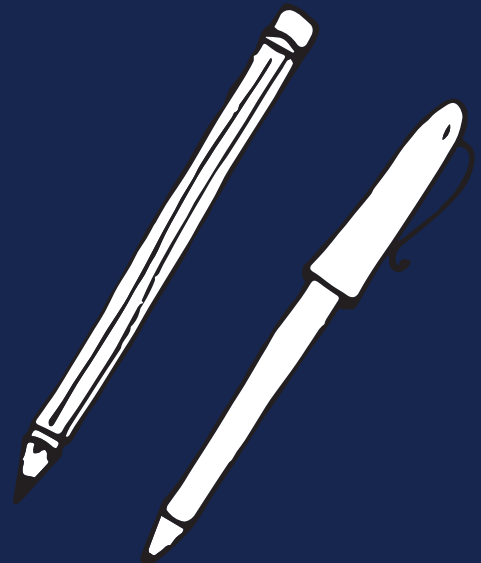




St Peter's College

Study Guide

Tips for Exam Preparation



Planning for Exams

+ Identify the main content matter of EACH subject. For practical subjects such as Visual Art and DVC, identify the work that you still need to complete. i.e.

English	Classics	Calculus	Biology	Theology	Painting
<ul style="list-style-type: none"> - Julius Caesar - The Prestige - Pride & Prejudice - Poetry - Unfamiliar texts 	<ul style="list-style-type: none"> - Ideas & Values - The Aeniad - Octavian - Art & Architecture 	<ul style="list-style-type: none"> - Differentiation - Integration - Algebra - real & complex numbers - Algebra - conic sections 	<ul style="list-style-type: none"> - Human Evolution - Speciation - Plant & Animal Responses 	<ul style="list-style-type: none"> - Suffering - The Call - Eucharist - Service 	<ul style="list-style-type: none"> - 2x sketches - 1x A4 paintings - 2x A3 paintings <p>(*Identify what you still need to finish)</p>

+ Check with your subject teachers that the information is correct.

+ For each week leading up to the exam, fill in a 'weekly study timetable' (template on the following page)

+ Block out the time scheduled for sports games and music practice, and any work, church, family, and social commitments that you may have that particular week. You will probably need to limit or reduce these commitments over the exam period.

+ Allocate the remaining available time to your subject content for each subject. Please be mindful, the order of exams may dictate how you structure of plan your timetable. i.e. if Humanities is your last exam, don't front load your planner with Humanities. Concentrate on the subject beforehand.

+ Don't forget to include and allow time for subjects that involve practical work like Visual Art or DVC.

+ Be conscious not to over-load or under-load yourself. It is important that you allow breaks every 45mins-1 hour. You will need to factor these in. i.e.:

4-5pm: Differentiation (Calculus)

5-5:30pm: Shower/Break

5:30-6:30pm: Dinner

6:30-7:30pm: Differentiation (Calculus)

7:30-7:45pm: Snack

7:45-8:45pm: Julius Caesar (English)

8:45-9:30pm: Switch off devices and relax

9:30pm: Get ready for bed and go to sleep



STUDY TIMETABLE

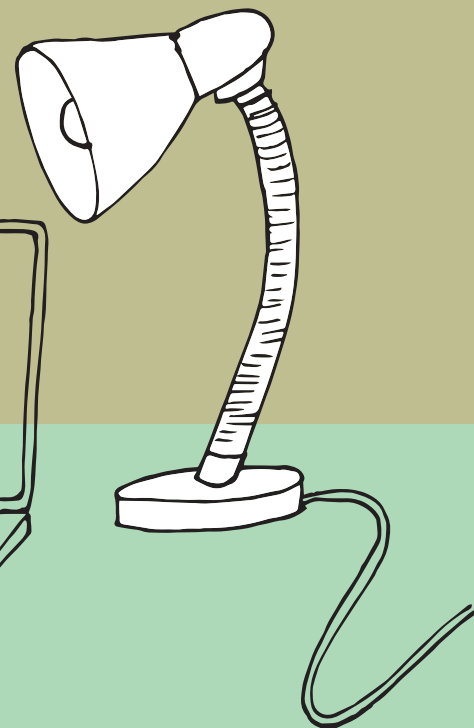
Week:

Dates:

	M	T	W	T	F	S	S
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							

Study Environment

- + Allocate a room or area which will be helpful for you to study. Ideally, this is away from noise, clutter, people, distractions, and is device-free.
- + Advise others of your work space and ask them to be respectful towards it and your work needs.
- + Ensure you have the necessary equipment for each subject, e.g. Maths - protractor, calculator, etc.
- + Ensure the lighting and room temperature are acceptable and will be suitable to changes over the course of the day. Ideally, a place with fresh air would be beneficial.
- + Turn off your cell-phone and log off from social media accounts to avoid distractions.
- + Sit at a desk and on a chair that encourages good posture, don't sit on your bed to study.
- + Quiet background music may help you, but the TV or talk-back radio will distract. However, if you are using a music player and you find yourself regularly choosing the next song to play, turn it off; it is becoming too distracting. Classical music is the best option.



Revision Techniques

+Everybody has different revision techniques, suited to how you learn best.

+ Whichever style or method you adopt, you should always include an element of testing. This might involve testing yourself, or pairing up with your peers or parents.

VISUAL LEARNING STYLE

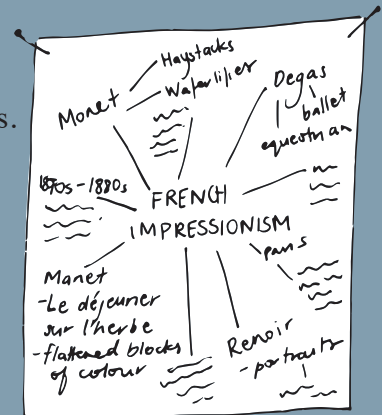
You learn best when information is presented visually in a picture or design format.

- + You benefit from teachers who use visual aids such as pictures, video, maps, and charts.
- + You find it easy to learn information from pictures and diagrams in textbooks.
- + You tend to like to work in a quiet room and may not like group work.
- + You often visualise information when you are trying to remember something.



LEARNING STRATEGIES

- + Make flashcards of key information using symbols and pictures that need to be memorised. Limit the amount of information on each card so you can take a mental 'picture' of the card.
- + Use highlighters to highlight key words and colour code information.
- + In the margins of your notes and textbooks, use key words, symbols, and diagrams to help you remember the text.
- + Make charts to organise and learn mathematical or technical information.
- + Create mind-maps, charts and diagrams to illustrate key concepts.
- + As much as possible, translate words and ideas in symbols, pictures, and diagrams.



Time is
equal to distance
divided by
speed...

AURAL LEARNING STYLE

You learn best when listening to information.

- + You benefit from listening to the teacher and from group discussions.
- + When recalling information, you can often 'hear' the way someone told you the information, or the way you previously repeated it out loud.
- + You learn best when interacting with others in a listening/speaking exchange.

LEARNING STRATEGIES

- + Work with a study buddy on an ongoing basis to review key information and prepare for exams.
- + When studying alone, read your notes and textbook out loud to help you remember.
- + When learning mathematical or technical information, 'talk your way' through the new information. State the problem in your own words and reason through solutions by talking aloud.
- + To learn a sequence of steps, write them out in sequence form and read them out loud to memorise them.

The March on
Washington was
held on August
28, 1963...

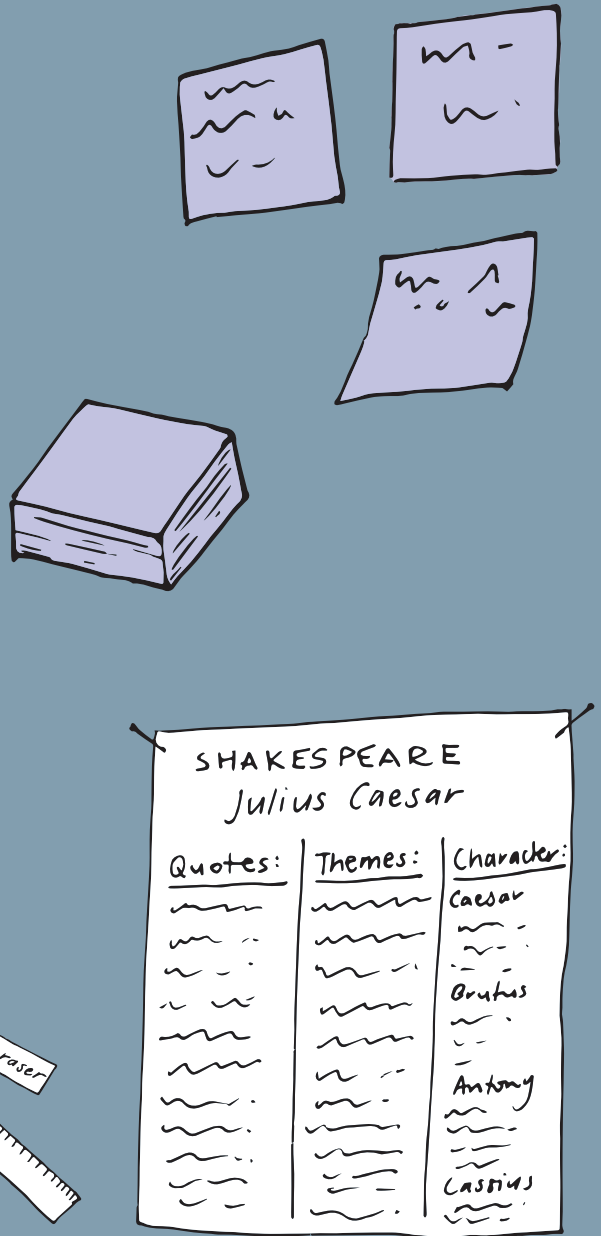
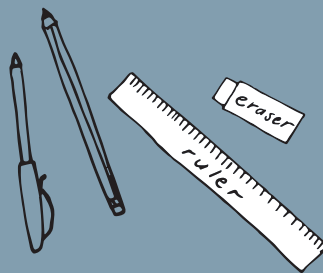
READ/WRITE LEARNING STYLE

You learn best when information is present visually in a written format.

- + You benefit from whiteboard notes with lesson plans and essential points.
- + You learn well from text books and class notes.
- + You often visualise information when you are trying to remember something.

LEARNING STRATEGIES

- + Use colour coding, highlight different kinds of information.
- + Write out sentences and phrases to summarise key information.
- + Make flashcards or mind maps of words and concepts that need to be memorised. Limit the information on each card so your mind can take a mental picture of it.
- + When learning information presented in diagrams and illustrations, write out explanations for the information.



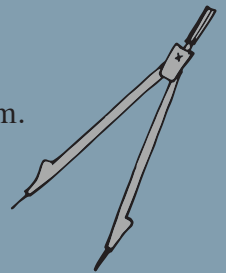
KINAESTHETIC LEARNING STYLE

You learn best when physically engaged in a practical activity.

- + You benefit from a setting where you can manipulate materials to learn new information.
- + You learn well from demonstrations, practical work, and activities outside of the classroom.

LEARNING STRATEGIES

- + Sit near the front of the class and write notes to stay focused.
- + Note down key words and draw pictures or make charts to help you remember what you are hearing.
- + When studying, use a textbook, notes or flashcards, and read the information out loud.
- + When reviewing new information, copy key points onto a large piece of paper.
- + Make use of the computer to reinforce learning through a sense of touch.



+ These four learning styles are known as 'VARK'. However, although you may find yourself gravitating towards one of the styles more than others, some people find they belong to two or more of the styles and benefit from multi-modal learning, using a range of learning strategies.

Health & Nutrition

Meeting daily vitamin and mineral requirements will make doing your best much easier. Iron and B vitamins are especially important to maintaining the physical and mental energy necessary to study well.

Foods containing iron include **red meat**, **cereals**, and **spinach**. Foods that contain B vitamins include **whole-grains**, **eggs**, and **nuts**. **Fish** and **soy** are other foods that help boost your brain by providing the nutrients it needs.

You might find that eating the standard three big meals a day slows you down mentally and physically. Consider 5 or 6 well-balanced, smaller meals, like **toast with peanut butter**, **hummus**, or **tuna**, or a **piece of cheese with fruit**.

Breakfast is essential to set you up for the day. The idea is to get some protein, calcium, fibre and a piece of fruit or a vegetable in there. So, a bowl of **cereal with milk** and a **piece of fruit** would be a good option, or a **cereal bar with milk**.



Fruits are among the best foods you can eat for your brain. **Blueberries**, which can be bought frozen, contain powerful antioxidants and nutrients. **Apples** and **bananas** also provide good energy. The natural sugars in fruit offer clean energy, so you don't experience the crash that follows consumption of refined sugar.

Vegetables are another powerful source of energy. Some are more nutritious than others. The darker the colour, the higher the concentration of nutrients. For example, **spinach** offers more than iceberg lettuce. Other great vegetables include **capsicum**, **broccoli**, and **kumara**.

Snack regularly. Snack smart while studying and you may find that you retain and remember more information. Try to get two food groups into your snacks to balance the nutrients and keep your blood-sugar level stable. Snacks like **almonds**, **dark chocolate**, **dried fruit**, or **cheese and crackers** are better for your concentration than lollies or chips.

Stay well-hydrated. The best choices include **water**, **fruit juice**, **milk**, and **green tea**, which is high in antioxidants. Stay away from energy drinks, sports drinks, and fizzy drinks as they are high in sugar.



Exercise & Study

Before you skip sports practice because you need to study for a big exam, you may want to keep this in mind:

- + Exercise is energising and refreshing.
- + It improves attention and processing speed as well as cognition.
- + Studies have shown that it increases memory.
- + It improves your ability to handle multiple intellectual tasks at once.

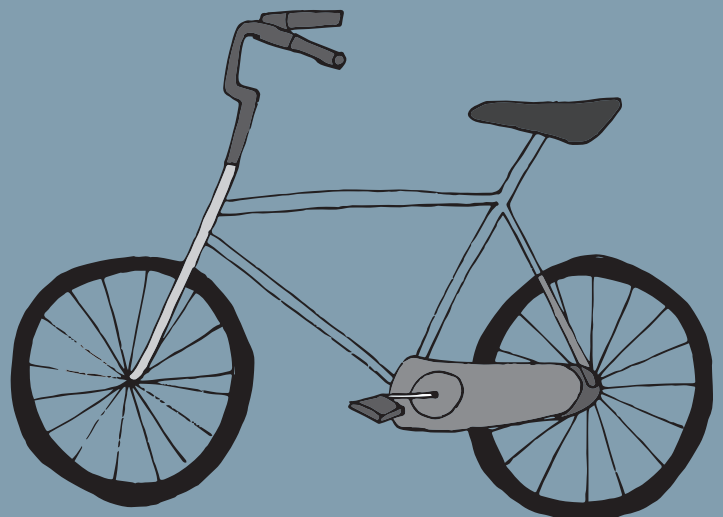
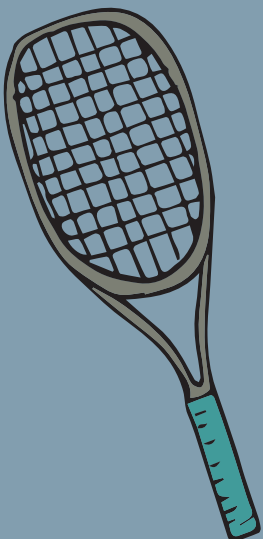


When you are exercising, you change your blood chemistry and make nutrients more available to the brain. This increase in blood circulation also enhances energy production and waste removal. The hormone epinephrine, stimulated by exercise, increases your awareness and therefore your ability to concentrate.

However, excessive exercise will tire you out and leave little time and energy for your study. Ensure that you are exercising, but not over-doing it. If you are an avid sportsman, and usually train multiple days each week, you will need to reduce the time you are spending on exercise during the exam period.



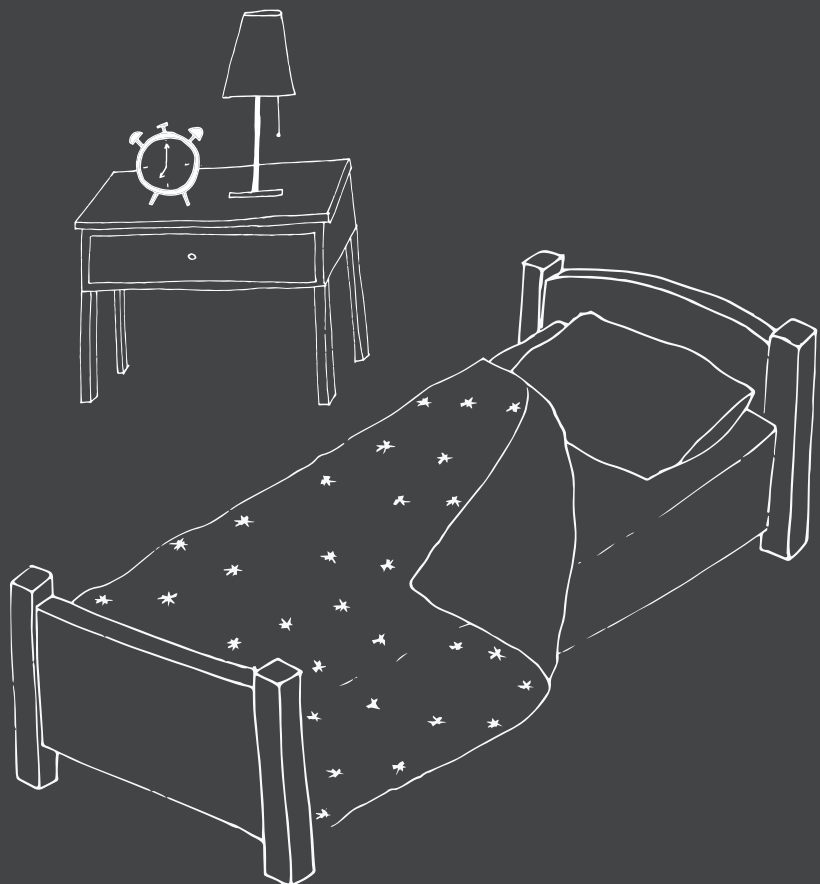
In the long run, exercise will help you to deal with daily stresses more easily. So remember, both your body and mind need physical activity to function at their peak. A strong body leads to a strong mind.



24-48 Hours Before the Exam



- + Check the time and location of your exam.
- + Ensure you have the necessary stationery and equipment, i.e. ID card, working pens, calculator with batteries, ruler, highlighters, etc.
- + Pack your lunch and bag the night before the exam. Do not leave it until the morning of the exam.
- + Plan your transport for getting to the exam. Make sure you will get there in plenty of time.
- + Have an early night. Do not cram the night before. Sufficient rest is extremely important.
- + Switch off your devices before going to bed.



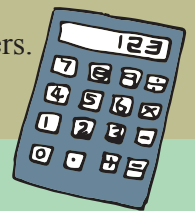
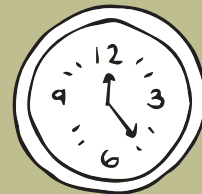
On Exam Day

- + Have a substantial breakfast and lunch.
- + Check that you have the stationery and equipment you need for the exam.
- + Focus on what you know - be positive.
- + At this stage, avoid any further study as this may confuse you.
- + Avoid hype and emotionally-charged conversations about what you do or do not know about the subject with your peers.
- + If you are nervous, there are several mind exercises you can use to calm down.
 - Count up and down to 20 until you are relaxed
 - Breathe deeply from your diaphragm several times



During the Exam

- + Ensure you read the question properly. Highlight the key words and make sure you understand it before you begin writing your answer.
- + Begin drafting your ideas immediately - writing will engage your brain. Do not spend time staring into space.
- + Write clearly so the marker can read your answers easily.
- + Keep re-reading the question to ensure you are on the right track.
- + Answer ALL questions, even if you don't think you know the answer. It is better to give it a go than it is to leave it blank.
- + Manage your time wisely, leaving at least five minutes for proofreading or checking answers.



After the Exam

- + Don't get weighed down with in-depth analysis of every exam question with your peers.
- + Feel good about the questions that you have completed.
- + Have a break - let the exam go.
- + Look forward to the future - do not dwell on what has happened.

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