

# **SMART STUDY**

**Assessment Preparation** 

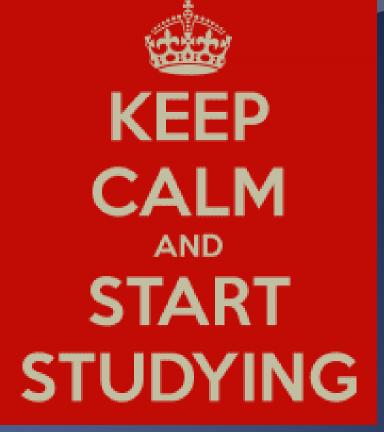
Before the tests Day of the tests During the tests

# Homework vs Study

- What is the difference between homework and study (revision)?
- Homework is set by your teacher, to reinforce your classwork
- Study is managed by you, to prepare yourself for your assessments
- You need to do both

# BEFORE

 Haven't started studying? **Start studying!** If you have, build on your strengths Review Revision Topics • Talk to your teachers



# BEFORE



# Eat well – balanced Exercise - 30 minutes a day Sleep – put your phone away Stress – some is ok, keeps you alive

# DAY OF

### 6 HOURS OF SLEEP 8 HOURS OF SLEEP



Sleep: 8 hours.
Breakfast: Decent.
Transport: Earlier.
Stationery: Clear plastic bag

Stored in a clear, plastic bag (no pencil cases) Bring multiple pens and pencils! Calculator only if allowed



### Clear water bottle with no label





No devices: No phones No iPads (except in tests requiring these) No watches – teacher keeps time on the whiteboard.

No communication whatsoever:

No talking

No whispering

No note passing

No device
 communication



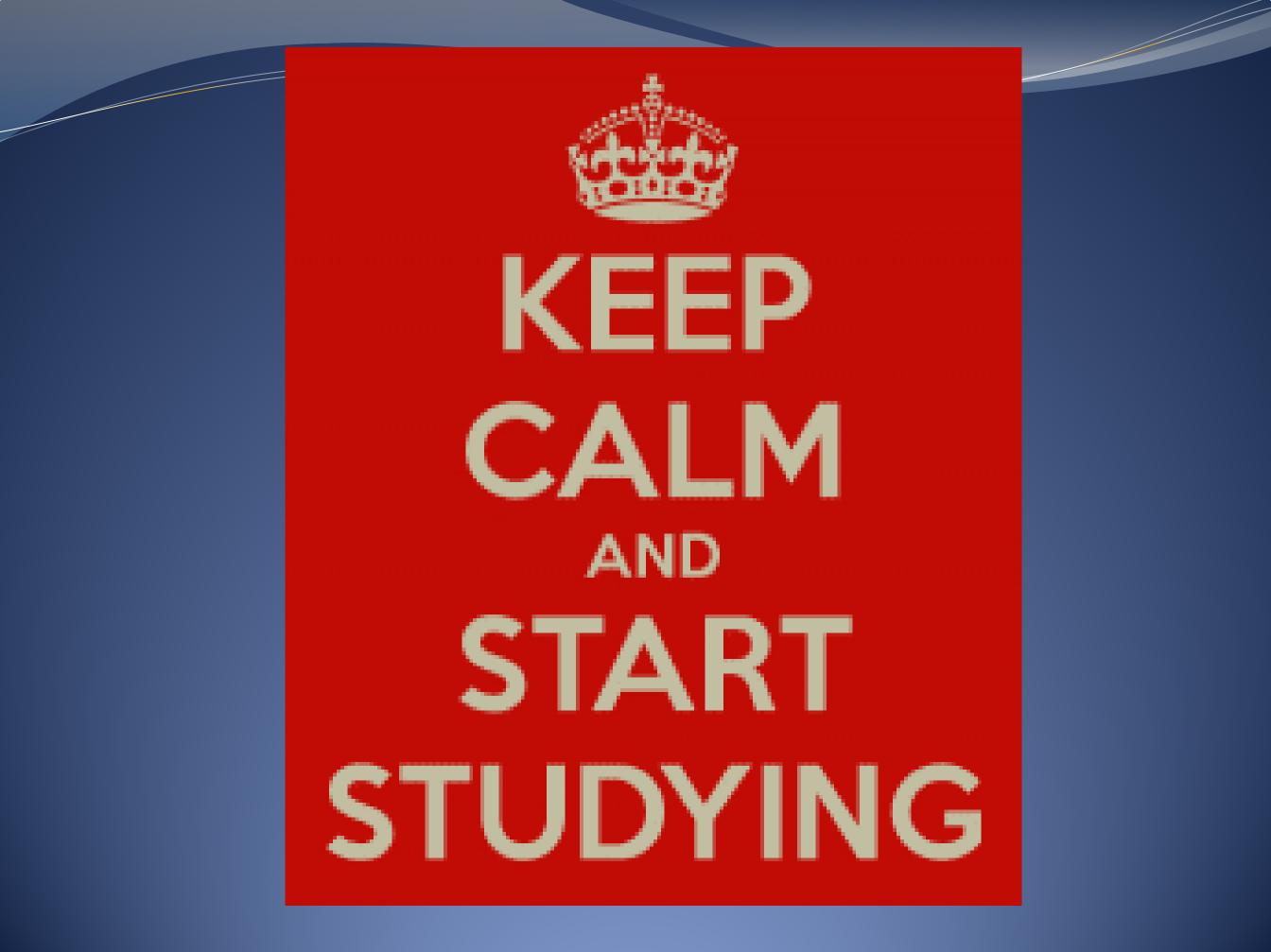


No communication whatsoever: No pulling faces, smiling, joking No turning around to look at your friends You cannot ask the teacher for test help, such as: What is that word? How do I answer this?

Tips:



 Carefully read all questions at least twice • Consider time, answer easy questions first Answer everything, even if a guess Check your answers & edit When answered all questions, go over entire test and all answers



# SMART STUDY







For the most effective result, spread your sessions over days, weeks, months rather than cramming. Build this spacing of subjects into your study plan.

### Mixed



Mix up your practice, change subjects to switch your focus, change areas within a subject as you would in an exam.

## Active



Write bullet point notes, think, understand, explain, clarify, label diagrams, answer a range of questions, create flash cards. Do the hard work and put in the time needed.



Get the information 'out'. Find out what you recall and what you don't know yet, answer questions, make mind maps, flow charts, flashcards, checklists.



Reflect on feedback and what you need to do to improve. Plan what/how/when to study. Regulate and motivate yourself to do the work. Make realistic judgements from self-testing about how you are progressing.