



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

DURING

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



DURING

- Clear water bottle with no label



DURING

No devices:

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



DURING

No communication whatsoever:

- No talking
- No whispering
- No note passing
- No device communication



DURING

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?



DURING

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





**KEEP
CALM
AND
START
STUDYING**

SMART STUDY

1. Spaced



2. Mixed



3. Active



4. Retrieval



5. Thinking



Spaced



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.

Retrieve



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.

Thinking



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.