

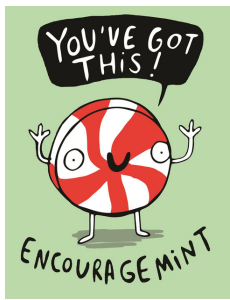
# SIXTH FORM FOCUS

Your insight into Ruislip High School Sixth Form life

## EXAM SEASON SPECIAL EDITION

The summer exam season is almost upon us, for many students this will be their first time sitting a public exam and it can be nerveracking. The more prepared you are, the smoother the next month will be.

Getting into a good routine on the day of your exam will make sure you are ready to take on that paper! Here are some top tips to tackle exam day...



### Morning of the exam

- Set an alarm and get up in good time before you need to leave, allowing for extra time if you need it.
- Have a good breakfast.
- Pack your bag with a clear transparent water bottle, padlock for your locker, a few black pens, and calculator (if needed).
- Put your phone on silent and make sure it is in your locker before you go in the exam hall, or you will be disqualified.

### At the start of the exam

- Remember to write your name and candidate number clearly on the front.
- Listen to the invigilator and read the instructions carefully.
- Look through all of the questions and jot down any notes that might help you later on.
- Note down how much time you have to answer each question and stick to these timings when you are writing your answers.

### After the exam finishes

- It can be tempting to ask your friends what they answered but if they say something different, you can find yourself worrying who was right. You can't change it now so try not to stress.
- If you are particularly worried, speak to your teachers.
- Give yourself a break and time to relax before your next exam.

### Moving on to your next exam

- Do some exercise, have a something to eat or take a short nap.
- Once you feel refreshed return to your revision.
- Tidy away any notes you no longer need so you can focus on the next exam.
- Get a good night's sleep for the next day.

**Keep on pushing with all your hard work, you're almost at the finish line and before you know it the summer will have arrived. Good Luck!**

