

# TAKE THE STRESS OUT OF EXAMS



**“There is no elevator to success.  
You have to take the stairs!”**

## **STEP ONE: Make a revision plan**

- Set up a calendar and mark on KEY DATES (exams)
- Work backwards and plan your study/revision
- KEEP UP TO DATE with your plan
- Prioritise! What do you need to study MOST to pass
- TRY to allocate time proportionately

### **REVISION PLAN**

<https://www.youtube.com/watch?v=ApC0k-ahR4Q>

*This is related to the British equivalent of NCEA (GCSE) but worthwhile looking at.*

*Your revision plan is very personal to you, must be realistic and will help you prepare and succeed for exams and externals.*

## **STEP TWO - Learn how to study effectively**

- Watch the Pomodoro video - it is a very easy, effective way to study
- Start simple and build up your time

# **Pomodoro**

### **PROCRASTINATING ABOUT STUDYING ?**

- *Knowing the distractions*
- *How to beat them!*
- *Experience success*



### **Pomodoro Study Techniques**

<https://www.youtube.com/watch?v=mNBmG24djoY>

*Follow the link and learn more about Pomodoro. There is some very useful study advice here.*

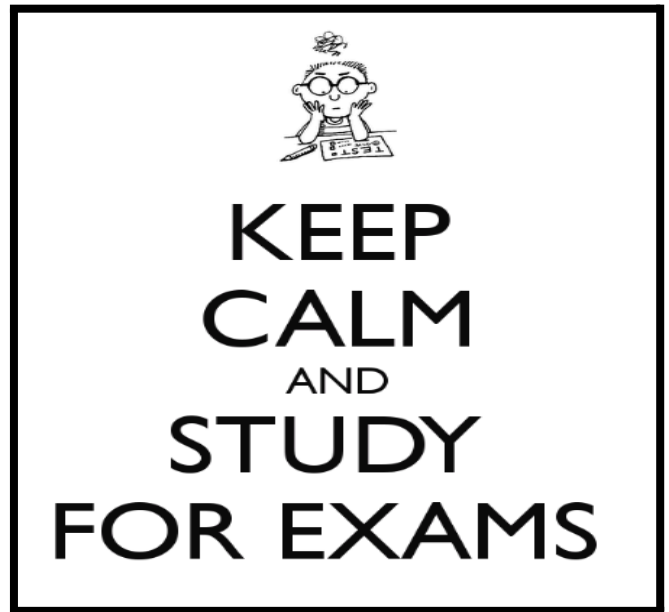


# THYNK

## Thynk Study Skills

<http://thynkehub.com>

*This is a very good, practical resource that has been put together by a young New Zealander and is being used across the world, with great success. You can purchase it for \$20.00. This is worth buying!*



## OTHER USEFUL STRATEGIES

### FLASHCARDS

<https://www.youtube.com/watch?v=ApC0k-ahR4Q>

*FLASHCARDS are a VERY EFFECTIVE way to study. Have them in your blazer pocket, carry them with you. Glance at these often and 'be surprised' how quickly you begin to remember new learning and cement your knowledge!*

### TYPES OF LEARNERS and what works best for you!

<https://www.youtube.com/watch?v=kjLVj3nrjfo>

*Follow the link - again it is British, but clearly explained and some sensible advice from another young person*

### MNEMONICS and other stuff

<https://www.youtube.com/watch?v=VoYOb2sPnqA>

*Mnemonics can be very useful for recalling information*

## PHONE APPS

*Search and try a Study App on your phone!*

## **TAKING NOTES - General Ideas**

- Only write down key information - summarise the content
- Your teacher will emphasise the most important points through repetition
- highlighting key information on notes/ PowerPoints/ etc
- put the information into **your own words**
- write down any questions you have - ask your teacher/fellow students to clarify

## **4 Different systems that you may find useful**

### **1. Outline Method**

- based on bullet points
- lower level bullet points to fill out the detail
- You can add to these in a doc. without having to rewrite

### **2. Cornell Method**

- Divide your page into three and add the headings

Cue	Notetaking
Summary	

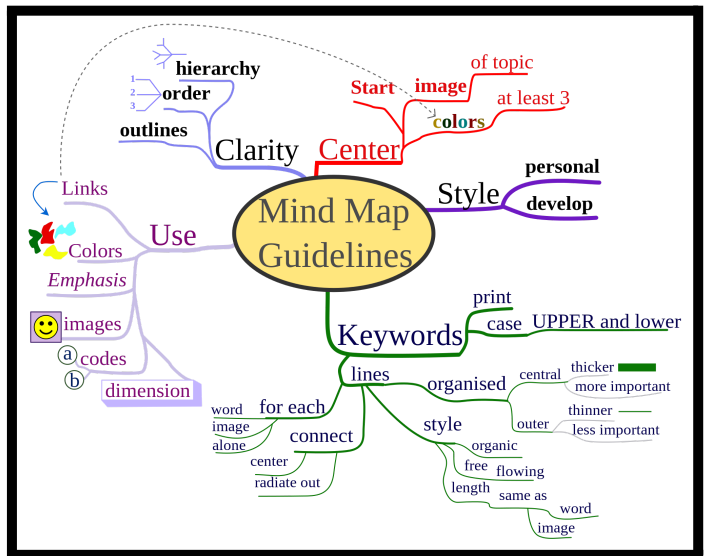
- When you are studying (or in class) write your notes in the 'Note' Column
- As soon as you can, after studying a topic, write down questions or cues in the 'Cue' column - these are meant to help you review the topic later
- Then write down a summary of what you have learnt in the 'Summary' Column

The 'Summary' and 'Cue' column will help you build reviewable notes the first time you write them

### 3. Mind Map Method

- Draw a circle in the middle of your page and write the main topic in it
- Add branches of the circle and add sub topics
- Eventually you will have a lot of little trees

Building a 'Mind Map' will help you organise all your information



### 4. Flow Method

- You are not trying to get every single detail down - this is about learning as you build your flow chart
- Your goal is to take notes that represent your mental image of the learning
- As you take notes you can go back to earlier points and add to them

The idea of the 'Flow Method' is to learn as you go - learn it once and accelerate your learning

