

# Summary

## Give of your best and Achieve your potential

### Three P's for Exams

**Pray-** For help, discipline, determination and peace

**Prepare-** Draw up a suitable revision timetable and stick to it

**Perform-** Break up revision periods. Learn the appropriate formulae

### The Exam- some helpful hints

Get a good night's sleep before the exam

Awake earlier than normal

Do your normal things: eg have breakfast

Check you have all your stationery (pens, pencils, calculator, batteries...)

Arrive earlier than normal (at least 15 minutes before the start of the exam)

Know exactly where the exam is (Hall, Gym, Sports Hall, Library...)

Go to the toilet before the exam!!

Have a watch that works

Listen carefully to any instructions given, and obey them!

Read top sheets instructions carefully and complete them correctly.

Know your candidate number - if in doubt, check it out!

Say a prayer before starting

Go for it. Don't be put off by your immediate reaction as you will naturally be nervous

Read the questions carefully, slowly and more than once

Decide on how you will tackle the exam:

*"Can I answer the questions in any order?"*

*"Do I have to answer all the questions?"*

Know the format of each exam

Answer the easier questions first - it will give you confidence

Know how much time to spend on each question. Be aware of time

Do not be influenced by the activity of the students around you.

If something is not clear on the paper - ask!

Check ALL sides of the exam paper so that you do not miss anything out

Label all answers clearly. Use diagrams, quotes and facts. Be as neat as you can.

Leave 5 minutes at the end to read through and tidy up

Show all working out and attach any notes made on questions you fail to complete

Use 'non-exam time' to collect your work together and hand it in.

Relax- after you exams are finished there is nothing you can do to change the results, so chill

### What about the exam results?

If they are not what you expected — don't panic — get advice!

If they are what you hoped for - CONGRATULATIONS!

Exams are not about how valuable you are.

They are there to help you reach your potential.

My very best wishes to you for the exams and your future.

### Jeremiah 29: 11

**“For I know the plans I have for you”, declares the Lord,  
“plans to prosper you and not to harm you, plans to give  
you hope and a future”.**