Leaving Cert 2020 – Exam Preparation Tips

Take this opportunity to catch up on revision. Use your time wisely- Get up as normal and start work at 09.00 taking your breaks and finishing at 3.50. Take a good break and then start into your evening study routine. Keep up your routine.

***Exam Success – Contributory Factors***

1. Natural Ability: 20%
2. Study/Subject Knowledge: 30%
3. Being Organised/Practising Exam Strategy & Techniques: 50%

***Stress***

A small amount of stress can act as a motivator. However, stress can be overwhelming due to:

Excessive worry about exams

Fear of being judged

Apprehension about consequences

***What contributes to stress/exam anxiety?***

1. ***Lifestyle Issues***

Inadequate rest

Poor nutrition

Too many stimulants

Insufficient exercise

*Not scheduling available time*

*Not prioritising commitments*

1. ***Information You need to know***

Strategies for exam taking.

Academic/exam information requirements.

Knowledge of how to apply anxiety reduction techniques.

1. ***Negative Thinking- Keep yourself motivated***

***Negative thinking*** leads to ***negative feelings*** which in turn impacts on our **actions.**

***What can you do to manage these?***

1. ***Lifestyle Issues***

Step 1: Decide on how many days you will commit to study .

Step 2: Divide each day into homework, study and relaxation

Step 3: Select the number of subjects you will revise each day.

Step 4: Select the topics to subject.

Step 5: Select how you will examine your knowledge on the material.

Step 5: Make out your timetable.

SAMPLE TIMETABLE DURING THE DAY

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date** | **Mon 16th Mar** | **Tue 17th Mar** | **Wed**  **18th M**  **ar** | **Thur**  **19th Mar** | **Fri 20th Mar** |
| **Time** | Plan | Plan | Plan | Plan | Plan |
| 09.00-09.40 | Geog: Chap 2 (9 pages)  Test: Use Mindmap |  |  |  |  |
| 09.45-10.30 | French:Past Tense Verbs  Exercise on website |  |  |  |  |
| 10.35-11.15 | Chemistry |  |  |  |  |
| 11.15-11.30 | Break | Break | Break | Break | Break |
| 12.00-12.45 | Maths |  |  |  |  |
| 12.50-13.30 | Irish |  |  |  |  |
| 13.30-14.30 | Lunch |  | Lunch | Lunch | Lunch |
| 14.30-15.15 | English |  |  |  |  |
| 15.20.-15.50 | Engineering |  |  |  |  |
| Feedback  ☺ ☹ --- | Geog- know really well  French- not good, review next week |  |  |  |  |

Step 6: NB: STICK TO IT !!!!

*If a day doesn’t go according to plan don’t waste time looking back – move on and start again. Ensure you reschedule missed work.*

Plan focused on 40-45 min sessions. REVISION + EXAM PRACTICE = STUDY

Allow a 5-10 minute break between sessions.

This plan is to cover each subject on a daily basis, which means you will touch on each subject at least 4.6 hours during your regular school weekday. This is an example of a study plan- please feel free to adjust if you wish. Please be honest with yourself and write into the feedback section how each study session went. If you miss a study session this is fine, as long as you make up this time later, maybe at the weekend.

SAMPLE AFTER SCHOOL TIMETABLE

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date** | **Mon 16th Mar** | **Tue 17th Mar** | **Wed**  **18th**  **Mar** | **Thur**  **19th Mar** | **Fri 20th Mar** |
| **Time** | Plan | Plan | Plan | Plan | Plan |
| 4.15-4.40 | Geog: Chap 1 (9 pages)  Test: Use Mindmap | Training |  |  |  |
| 04.45-5.25 | French:Past Tense Verbs  Exercise on website | Training |  |  |  |
| 05.30-06.10 | Ag Science: Soils- review notes. Exam Q5 2017 | Training |  |  |  |
| 06.10-07.10 | Dinner | Dinner |  |  |  |
| 07.15-08.00 | Grind | Biology  Enzymes (revise notes). Exam Q1 2018 |  |  |  |
| 08.05-08.45 | Homework | Homework |  |  |  |
| 08.50-09.30 | Homework | Homework |  |  |  |
| Feedback  ☺ ☹ --- | Geog ☺  French--- | Biol ☹ Didn’t do it as granny called |  |  | Need to do Biol from Tue |

1. ***Information you need to know***

Read Pages i – vi of exam papers for each subject. You need to know:

Exam paper layout.

Instructions about the number of questions to be answered and the time

allowed.

Number of marks allocated to each question.

Sample answers and tips.

Common mistakes.

1. ***Negative Thinking- Keep yourself motivated***

Step1: Notice/recognise negative thinking.

Step 2: Stop unhelpful thinking (think of something positive/practice breathing

technique).

Step 3: Replace unhelpful thought with a more positive helpful one.

**This takes focused practice but it’s worth the effort.**

***Exam Time – 10 Point High Performance Plan***

*As you start exam:*

1. Think positively / relax / visualise successfully completing paper / focus on

breathing.

2. Read questions carefully. Tick off the ones you want to do.

3. Use BUG method on questions you will answer (see note).

4. Decide on the order in which you will answer questions.

*During exam*

5. Brainstorm an answer plan / categorise / group.

6. Answer each question within time allowed.

7. Keep your attention focused on the question you are working on – not the

one you’ve just done / are about to do.

8. If you get stuck on a point leave space and move on to the next point.

Keep your concentration flowing and uninterrupted.

9. Present answers clearly marked and **labelled.** If you wish to cancel an

answer draw a line through it. Include all plans with your answer book.

*After exam:*

10. Relax and move on to next paper.

BUG method: Box / underline / glance back.

“Derek Walcott explores tensions and conflicts in an inventive fashion.” Discuss

this statement with reference to the poems you have studied.

**Box** the instruction. Underline the key words. *Glance* back over question to

check.



This is your opportunity to get ahead of other students who you are competing with for your college course. USE IT ☺