

EXAM GUIDANCE FOR SUMMER 2022

Exams will begin in a few weeks' time, from May 16th. We know some of you won't have sat public exams before, and for others it may have been a long time. So, here is a guide to help you get ready.

Revision

- Make a revision timetable that spaces topics out so that you keep coming back to them, rather than long single sessions cramming one thing.
- Prioritise the areas that you are least certain about and find hardest, and also check the exam dates so that you have time to complete revision for the exams that come up first.
- Timetable revision sessions at times when you are most productive (mid-morning is good for lots of people) and break revision sessions into chunks of time, giving yourself breaks and rewards.
- Get out of your comfort zone and tackle difficult material and hard questions when you revise – you'll thank yourself when you get that tough question in the exam.
- Do lots of active self-testing: quizzes, flashcards, practice timed questions... the struggle to remember is your brain making the connections you need so that you don't find it a struggle in the exam. Don't be passive and just 'read over notes'!
- Do whole practice papers, but also mix it up by doing just plans for answers, or just particular parts of the paper.
- Show teachers the work you are doing and get feedback from them: strengthen your weaknesses and build on your strengths.
- Revise in a place that is as distraction-free as possible (LRC quiet zone is good) and keep phones off or use social media blockers.
- Review your revision progress regularly – you can update and adjust to make the most of your time.
- Spend as much time as you can on revision but avoid burnout – plan plenty of breaks and pleasurable activities as well as revision sessions.

[How to revise: the FACE IT model](#)
[6 most effective revision strategies](#)

LRC Opening Hours

Monday – Friday: 8:30am – 6pm

Saturday: 9am – 5pm

The night before

- Don't stay up cramming – finish your revision early so that you can relax and wind down
- Pack your bag for the next day, and do a thorough equipment check
- Set your alarm
- Relax. You've got this.

The day of the exam

- Have a reasonable breakfast – something like porridge with oats and complex carbs to keep you going is a good choice.
- Get to college early – everything is always calmer if you're not running late. Once you're at college there are plenty of places to hide away with your books if you don't feel like talking.
- Get to the exam room on time and take some calming deep breaths before you begin.

- Make sure that your phone is off and away in your bag (not on you) and pay close attention to all the instructions. You are also not allowed to wear a watch. If you don't follow the instructions, talking or keeping technology with you, you will be disqualified from the exam and possibly other exams as well.
- Keep an eye on the clock and note down the timings for how long you should spend on each section.
- Read every question slowly and carefully, underlining key words
- Think before you write and answer the question that's there – not the one you were hoping for! Plan longer answers and essays.
- Leave 5 minutes at the end to read through all of your answers and make corrections.
- After the exam, don't stress yourself out by comparing answers with friends. It really doesn't help!

What if I'm ill?

- If you are seriously ill with something other than Covid (or have an accident) on the day of the exam, we will need evidence to support any application for special consideration to the exam board, so you will need to keep doctors' notes or crime reference numbers.
- Be aware that special consideration can only be given where other exams and assessments have been completed, and that it is often not generous.
- Special considerations can only be used in serious situations – so e.g. a cold or upset stomach would not normally be grounds for an application.

What if it's COVID?

- If you have a positive Covid test, you should not attend the exam, and you should send evidence to the college on the morning of the exam as early as possible. *If you are 18 or under you should isolate for three days after the day of your positive test. If you are 19, you should isolate for five days after the day of your positive test.*
- Please use tests wherever possible as this is good evidence. If you don't have access to a test, but you have a high temperature AND other Covid symptoms, you should stay at home, and contact the college explaining your symptoms as early as possible on the day of the exam. You can come back to college as soon as your temperature is down and you feel well enough.
- If you live with someone who has Covid or Covid symptoms, you must attend your exams as normal. This would not be grounds for special consideration.
- As long as you sit at least one other exam, or have completed a substantial piece of coursework, then the exam board will award you a grade based on that.
- You will not be awarded a grade if you miss all your exam components. The Practical Skills Endorsement in sciences or the Spoken Language Endorsement in GCSE English is NOT sufficient to award a grade.
- You must be honest. If we suspect that you are providing false information we are obliged to report this to the exam board.

How do I report absence?

Somebody must report your absence using the usual Student Absence Reporting form, on the website, as soon as possible on the day. There will be a new question on the form asking if you have an exam that day or if you have an exam during your self-isolation period. Answering 'Yes' to this question will inform the Exams team, who will contact you to discuss what to do next. If you do not hear from us within 7 days, please go to the SIC and ask to speak to one of the Exams team regarding a missed exam.

[Link to JCQ guidance on special considerations](#)

[Link to form to report an absence for an exam](#)

Looking after yourself during the exam season

- Get yourself into a regular bedtime routine, and do something to switch off from work and social media at least an hour before you go to bed.
- Do the work – keep revising!
- Give your mind a rest from stress by talking to people about your worries, and don't dwell on worst-case scenarios. Instead of worrying about what hasn't been done, think about what you can do now, and how that will help.
- Go outside and get some fresh air and sunlight every day.
- Make time for exercise – yoga, running, swimming, cycling or going to the gym – they will all help your brain and body.
- Eating well really helps your brain function. Avoid ultra-processed junk food. Instead, choose wholegrains and healthy foods. Fish, nuts and seeds all contain omega fats that will keep you sharp.
- If it all gets a bit much, remember that you have support at the college – Personal Mentors, Teachers, Progress Coaches and Counsellors are all here to help!

[BBC GoodFood: 10 Foods to Boost your Brainpower](#)

[Bedtime routine tips from the Sleep Foundation](#)

[Relaxation tips from Mind](#)

[Couch to 5K – start running](#)

[Yoga with Adriene – free daily yoga](#)

[Self-care planning](#)