

Leaving Cert 2018 – Exam Preparation Tips

Exam Success – Contributory Factors

Natural Ability: 20%

Study/Subject Knowledge: 30%

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

2. Information Needs Not Met

- Strategies for exam taking.
- Academic/exam information requirements.
- Knowledge of how to apply anxiety reduction techniques.

3. Negative Thinking

- **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 3 slots (2-3 hour slots).

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

Step 4: Select at least three topics per subject.

Step 5: Make out your timetable.

Days	28 th	29 th	30 th	31 st	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th
9-12	1. 2. 3.	***	***	Rest Day	Rest Day					Rest Day	Rest Day
2-5	***	1. 2. 3.	1. 2. 3.	*	*					*	*
7-10	1. 2. 3.	1. 2. 3.	1. 2. 3.	*	*					*	*

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.

- Plan focused one hour sessions. REVISION + EXAM PRACTICE = STUDY
- Allow a 5-10 minute break between sessions.
- I have given you three hour slots (3 per day) – adjust if you wish but only do two slots per day.

2. Information Needs Not Met

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.

3. Negative Thinking

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.

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