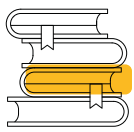
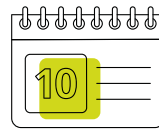


Getting ready for exams

Top tips for students



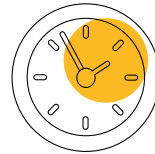
Preparing for exams >



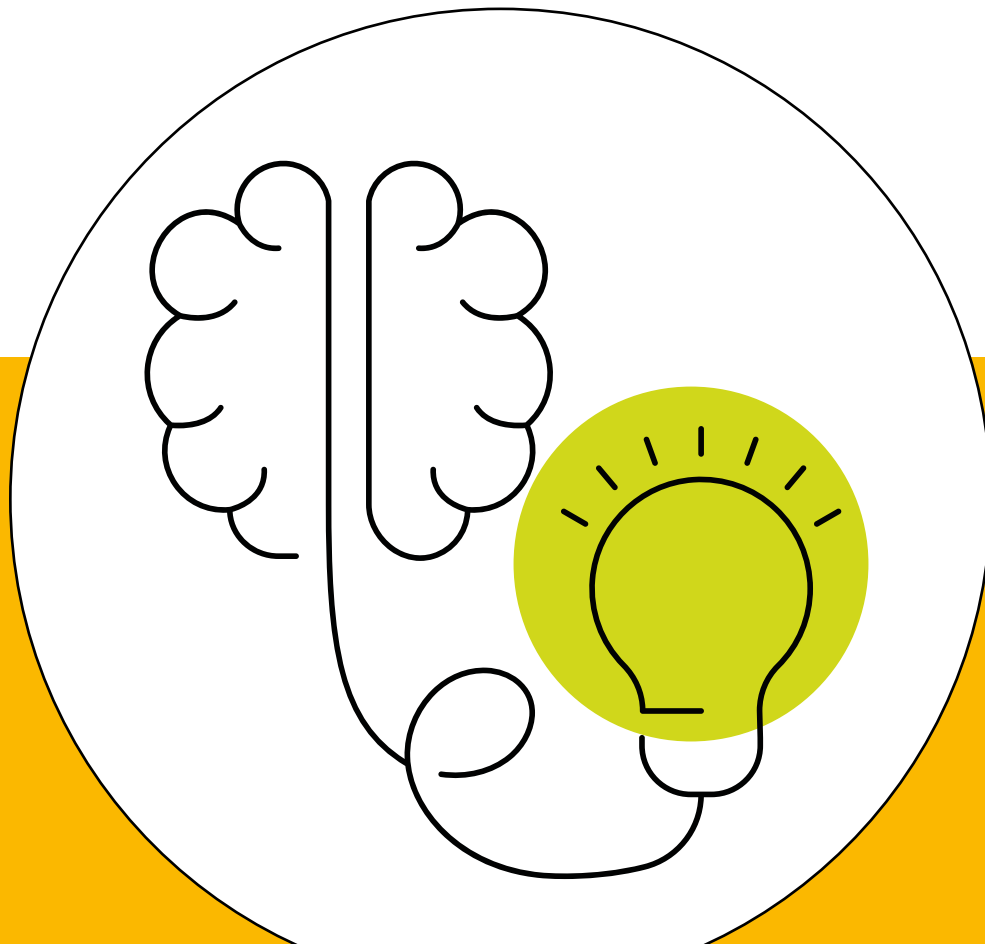
What happens on exam day? >



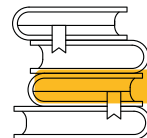
If I need further support, where can I find it? >



What happens after I have taken my exams? >



Preparing for exams



With exam season on the horizon, we want to share a few tips and tricks, as well as handy guides and links to places you can turn to for support **before, during and after** the exam period.

Understand the exam rules

- Always follow the instructions and guidance issued by your school/college.
- You must not talk once in the exam room, listen to the invigilator for instructions and raise your hand if you have a question.
- Mobile phones, smart watches and electronic devices must not be taken into the exam room. Leave them at home if you can, or in your locker at school or college.
- For more information, read through the Joint Council for Qualifications (JCQ) **candidate information** for written examinations.

Top tips when preparing for your exams:

1

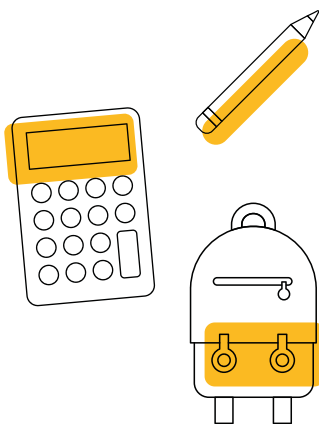
Create a **plan of action** for your revision, this will help avoid any overwhelm

- Using our **exam timetable** as a guide, create your revision plan.
- Be realistic with yourself and take regular breaks to avoid burn out.
- Check if you can take a bottle of water into your exam.

2

Make sure you know what to take with you on exam day

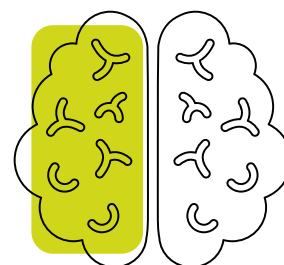
Look at your exam timetable and make sure you have all the equipment you need; black pens, pencils, erasers and a calculator*.



3

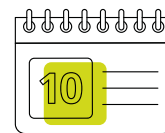
Look after yourself

It's okay to ask for help – if you feel overwhelmed at any point please reach out to a friend, a family member or your teacher. We have popped together a **Mindfulness for revision guide** which can help you.



*You will not be able to take a calculator into every exam. Check with your teacher or exam invigilator if you're not sure.

What happens on exam day?



Exam day is here – good luck!

Whether you are sitting an exam for the first time this year, or you haven't sat one for a while, we want to share a few tips and tricks, handy guides and links to places you can turn to for support before, during and after the exam period.

Before the exam starts

- Make sure you **are packed and ready the night before**, this will stop you worrying on the day. Check ahead with your school or college what you might need for each exam if you aren't sure.
- **Fuel your brain** with a healthy nutritious breakfast. You might be able to take a bottle of water into to exam – check with your school or college.
- **Arrive early**, this will help eliminate any last-minute jitters and help you prepare mentally. If you are delayed for any reason, contact your school or college immediately.

During the exam

Make sure you **understand the instructions** on the front of the exam paper, including which questions to answer.

Take your time when reading the questions. Do you understand what asking you to do? Break it down by highlighting, underlining or circling the main points.

Plan, plan, plan. Check the number of questions, and how many marks they are worth. Use the number of marks as an indication of how long to spend on each answer.

Do not panic. If you come across a question you can't answer, move on and come back to it at the end.

- Re-read the question.
- Note down anything you do know about the question – can you use any of it in your answer?
- Break it down – is there anything you can remember about it? It's better to have a go than leave the paper blank.

Go back and **re-read your answers** to check for errors.

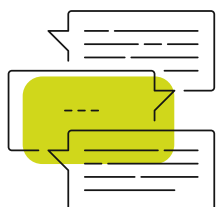


If I need further support, where can I find it?



Further information and support

If you're worried about something that's happened, your mental health or someone else's, it can really help to talk to someone you trust. It is so important to know you are not alone. There's lots of information and support available to you 24 hours a day, 7 days a week.



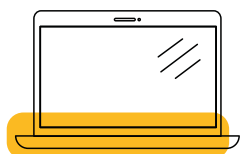
Childline. Call free on **0800 1111**, chat to a counsellor online or via email.

Samaritans Call free on **116 123** or email jo@samaritans.org.

The Mix offer free and confidential support for under 25s via phone, email or webchat.

Young Minds Text **YM** to **85258** to start chatting to a trained volunteer.

Helpful links

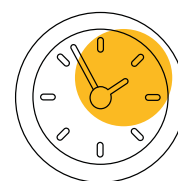


Mind's useful contacts list of charities offering support and advice

NHS - mental health services

The Hub of Hope is a mental health support database, bringing together local, national, peer, community, charity, private and NHS mental health support and services together in one place.

What happens after I have taken my exams?



Woohoo! Now you can relax. If you are worried about anything, please do speak to your teachers.

2023 Results dates	
GCSE Results Day 2023	Thursday 24 August 2023
A level Results Day 2023	Thursday 17 August 2023

Results days are the same for all exam boards.

If you need any further help after your exams, there is plenty of help on our website.