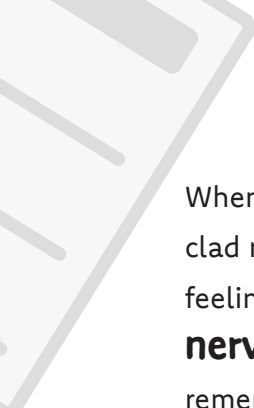


INTRODUCTION

You wake up early – wide-eyed, completely bolt upright. No fumbling in the dark for the snooze button or lazily giving yourself ***‘just five more minutes’***. For a moment, there’s the usual question of, ***‘Ahh, what am I doing today?’*** before you remember. **It’s exam season. GAH.**



You overpour milk on to your cereal, while your mind flicks through those key dates and formulae you’ve been wrestling with for months. You get dressed in your uniform (putting your left sock on first for good luck) and recite a couple of lines of poetry you might just need to quote. You begin the slow journey to school, taking every possible second you can to check those revision cards.



When you arrive, you look across the ocean of uniform-clad nervousness descending on the school hall. It's a feeling that everyone has. It's unmistakeable. **Exam nerves.** So much worry and so much anxiety. Have I remembered this? Did I revise enough of that? What if that dreaded question comes up?

But – it doesn't have to be like that. This book is going to get you so prepped and ready you'll be confident of doing a smashing job from the first minute of your first exam to the start of that long, golden summer. And when you tear open that brown envelope to reveal your results, you'll realise it was worth all the hard graft along the way.

You're going to find **twenty-five top tips and techniques** to help you to rinse that **revision**, smash those **studies**, handle that **homework** and **ace your exams**. This book alone can't guarantee your exams will fly phenomenally, but it can help you to structure your approach to them, so that the minute you're in that exam hall, you can enter with your head held high, ready to give it everything.

So, in that moment, remember: You've worked for it. You've planned for it. You're ready for it. Some of this will go well; some of it won't. But you'll handle it, because you have a plan. So take deep breaths in and deep breaths out.

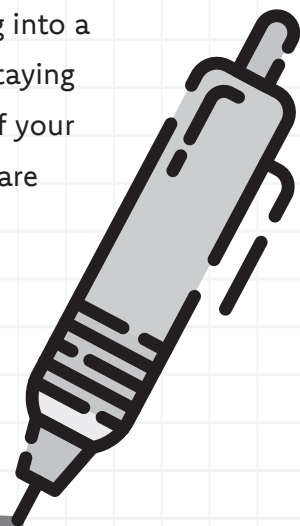
**ARE YOU READY?
IT'S TIME TO BEGIN.
GOOD LUCK!**



ACE

STUDYING

Whether you're two years away from your exams or two months away, there are things you can do to help you study. From **preparing** right and getting into a **routine** to mastering your **subjects** and staying **motivated**, laying down the foundations of your **revision** and **understanding why** you are doing what you are doing is key.





1



SET GREAT

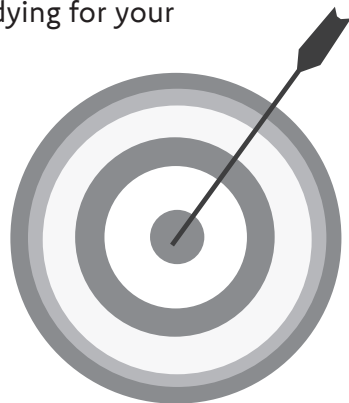
GOALS

Having a strong idea of what you want helps you plan a route towards getting there *and* keeps you motivated along the way. **Goal-setting** is scientifically linked to better performance and increased self-confidence, which is exactly what you need when you are studying for your exams.

SHORT, MEDIUM AND LONG

Goals come in different sizes.

Your ultimate destination is your **long-term goal**, and it's different for everyone. You might want to be a teacher, you might want to run your family's business or you might even want to be the next prime minister!



Along the way, you're going to need a variety of **short-term** and **medium-term goals**. These are things that are going to act as stepping stones to larger success. It helps to work backwards from the ultimate goal, so you can work out what you need to do to get there.

FOR EXAMPLE:

LONG-TERM GOAL:

- Become a qualified English teacher working in a secondary school

MEDIUM-TERM GOALS:

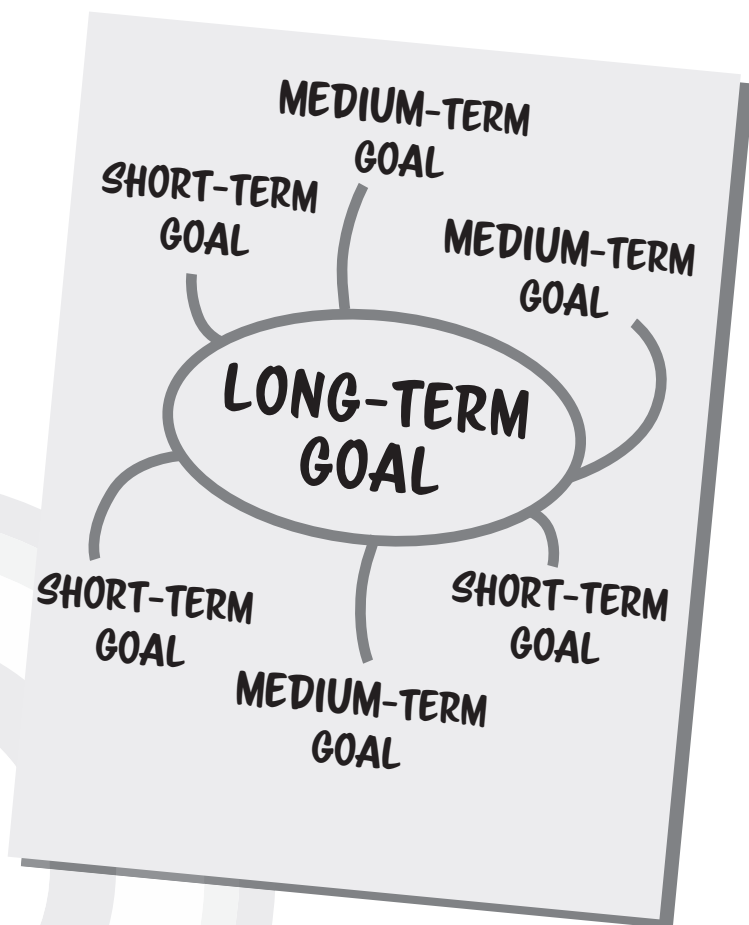
- Complete an undergraduate degree
- Complete teacher training
- Gain in-class work experience

SHORT-TERM GOALS:

- Investigate the routes into teaching and what I need to do to get there
- Talk to teachers about my aims
- Pass my exams

Now, your turn . . . Get your hands on an A3 piece of paper, or the biggest you can find, and write out your core, long-term goal right in the middle of it, in a circle. Around that core goal, place medium- and short-term goals that are going to help you get there. **What will acing your exams help you to do in the future?**

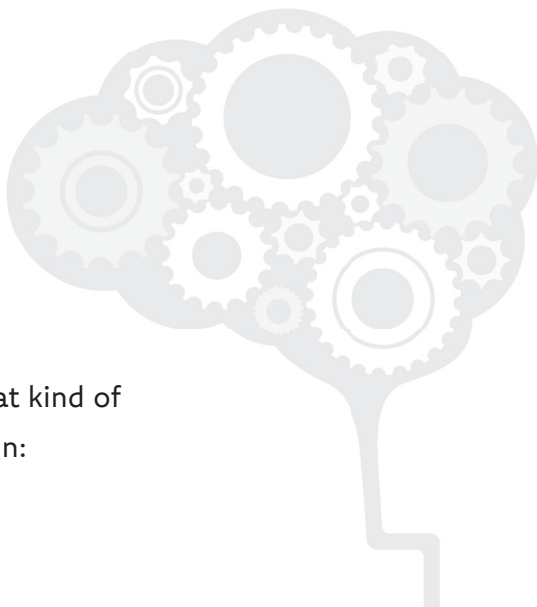
Stick your goal up on your wall and use it to motivate yourself when you're studying.



GET SMART

If you want to get more out of your goals, try to make them **SMART**.

(Well, it beats them being STUPID, right?) OK, not that kind of SMART. I mean SMART as in:

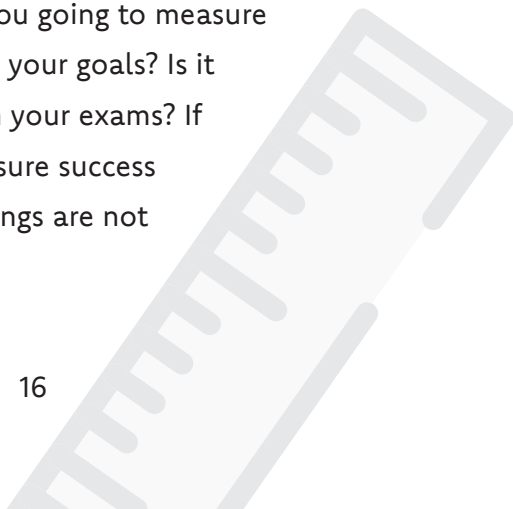


S

Specific: Really try to hone in on your goal. It's one thing to say you want to be a doctor long-term, but do you want to be a children's doctor, a GP, a surgeon? Being specific will help you work out precisely what steps you need to take.

M

Measurable: How are you going to measure whether or not you've met your goals? Is it by getting certain grades in your exams? If so, they will help you measure success and pivot accordingly if things are not quite up to scratch.



A

Achievable: Your short-term goal might be to learn all the themes, plot devices, character motivations and important quotes from *Macbeth*, all in the space of one day. But hold on a minute – is that achievable? Be realistic about your goals – **you're only human!** (Aren't you?)

R

Relevant: Make sure the actions you are taking are relevant to your goals. Reading your favourite novel might feel like a nice way to get in the zone for your English exam, but are you sure that is relevant?

T

Time-bound: Give yourself a deadline. Without a clear sense of when you want to achieve your goals by, you can end up putting them off altogether.

Setting goals is about setting yourself up for success – it's a crucial tool for acing those exams. You need to know where you're going before you can get there.

