

# Top 10 tips for exam success at GCSE and A-level

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**Community schools currently help over 150 students prepare for exam success.**

**Here, briefly, are 10 top pieces of advice we share with parents and students on our 'Grade Booster Courses.'**

**1. Make a revision timetable.** To succeed at anything you need a structured plan and the discipline to stick to it.

The plan must be manageable and flexible so you can make changes as necessary. Just remember: *flexibility is not an excuse to 'study later.'*

Work in 45 minute blocks. This is long enough to get into flow and short enough to avoid burnout.

To make discipline easier, make sure everyone in the house is aware of the structured revision plan and why it's so important.

**2. Find a good place and switch off.** To study effectively, you need a clean, clear, and organised space where you feel comfortable.

Switch off ALL mobiles, computers and TVs that are non-essential for revision. Studies show even one small distraction can cost 11 minutes of good study.

**3. Be at your best.** Easily said, I know. But what time of the day do you work best? If you're a morning bird, wake up and study. A night owl? Study at night.

**4. Variety is the spice of life.** Just like you do in school, change subjects after every study break.

Why not also try different revision methods? Podcasts, videos, mind maps, posters, post-its, flash cards, quizzes etc.

Be active in the revision and always summarise the key points so they're easier to remember.

**5. Practice makes perfect.** *Past exam papers are your friend.* Study the questions of the past.

Create your own mock tests under time pressure. The more you practice taking similar tests under the similar conditions, the less stress you'll feel on the day.

**6. Take a break and exercise.** You already know you need to build breaks into your revision schedule, but why not make some of them exercise breaks?

Science shows exercise boosts the brain's activity, so it could make your study more effective - and more enjoyable.

**7. Hydrate and eat well.** Drink plenty of water. Dehydration makes you lose concentration. It also makes you sleepy.

Eat brain foods. Whole grains, fruit (particularly blueberries), oily fish and nuts are excellent brain boosters. Allow yourself the odd treat as a reward for good study.

**8. Ask for help.** Get family and friends to test you. Revise with friends from time to time. Attend revision sessions at school.

For professional support, you might want to sign up for the Grade Booster Courses at the Community Schools.

**9. Don't panic.** Expect to feel nervy. It's normal. Some nerves help you perform.

**10. Think positive.** If you've prepared well, you'll do well. Do the work, be confident, and succeed.

## An Invitation

The Community Schools employ 22 experienced tutors who specialise in helping GCSE and A-level students get exam success in Maths, English, and Science. This Easter holidays, they're running the popular 'Grade Booster' one and two day courses in Bury St. Edmunds and Kesgrave. For more information about dates, and to book a spot on one of the courses, contact Claire today. **Call Claire now on 07747 037441.**

