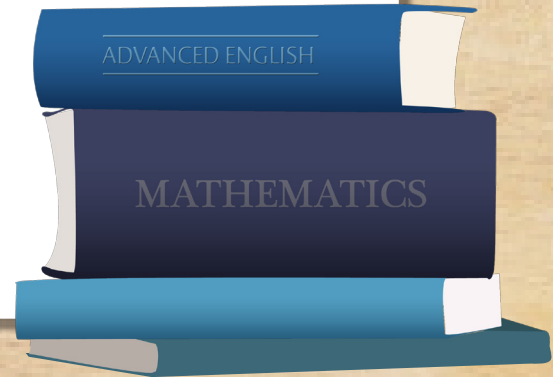


# **SQA Study Guides**

Making the most  
of exam weeks

After weeks of studying and revising, it's finally exam week. While it shouldn't be about last minute cramming, making the most of exam week can give you a valuable edge.



A successful exam week requires good organisation and time management.

- Make a timetable so that you know **exactly** when your exams take place.
- You can use the SQA's online tools to create and view your personal timetable online or on an iPod Touch or mobile phone.
- You'll find the timetable builder at [www.sqa.org.uk/timetable](http://www.sqa.org.uk/timetable).



Time may be running out but you can still make a difference to your marks if you use your time wisely.

- Don't try to learn new topics – concentrate on reinforcing the knowledge you already have!
- Use revision prompts like cue cards and diagrams rather than detailed notes.
- DON'T study all night – you'll only end up being overtired and that won't help your exam performance.
- Prioritise and focus on the key areas of information required.



*Key Notes*

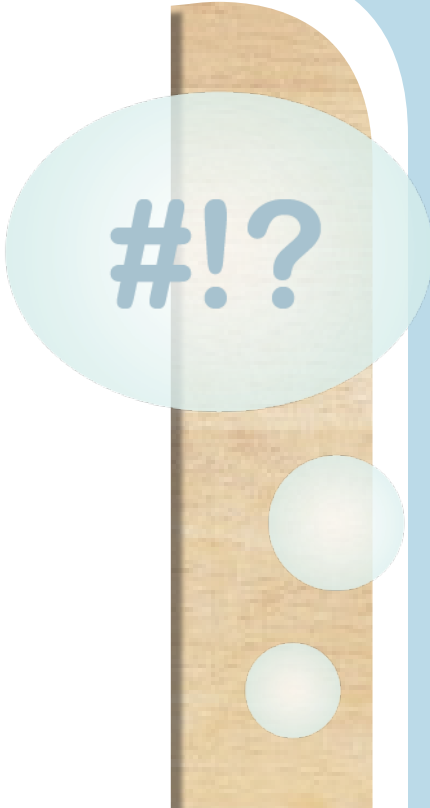
All night cramming the night before an exam can be tempting but it's not a good idea.

- Try to stay calm and feel confident that you're ready for the challenge ahead.
- Get a good night's sleep before your exam.
- Get up the next day in good time and make sure you eat a proper breakfast or lunch depending on the time of your exam.



It's only natural to want to discuss your exams afterwards with friends and family.

- Try to keep things in perspective – it's not a competition with others.
- Don't panic if you think you've left information out – you may still have done well in the exam.
- Remember, although they're important at the time, exams are only a small part of our life.



#!?

In between exams, there's still plenty of work to be done – but it's also important to relax from time to time!

- Practice writing exam answers using past papers.
- If you're well prepared, it may be more beneficial to relax and rest.
- Avoid late night cramming sessions.

