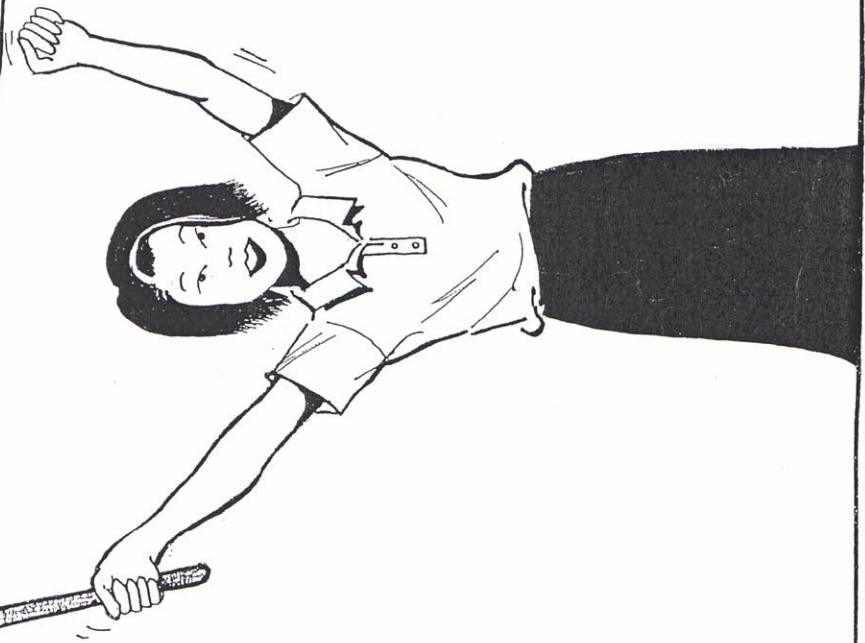


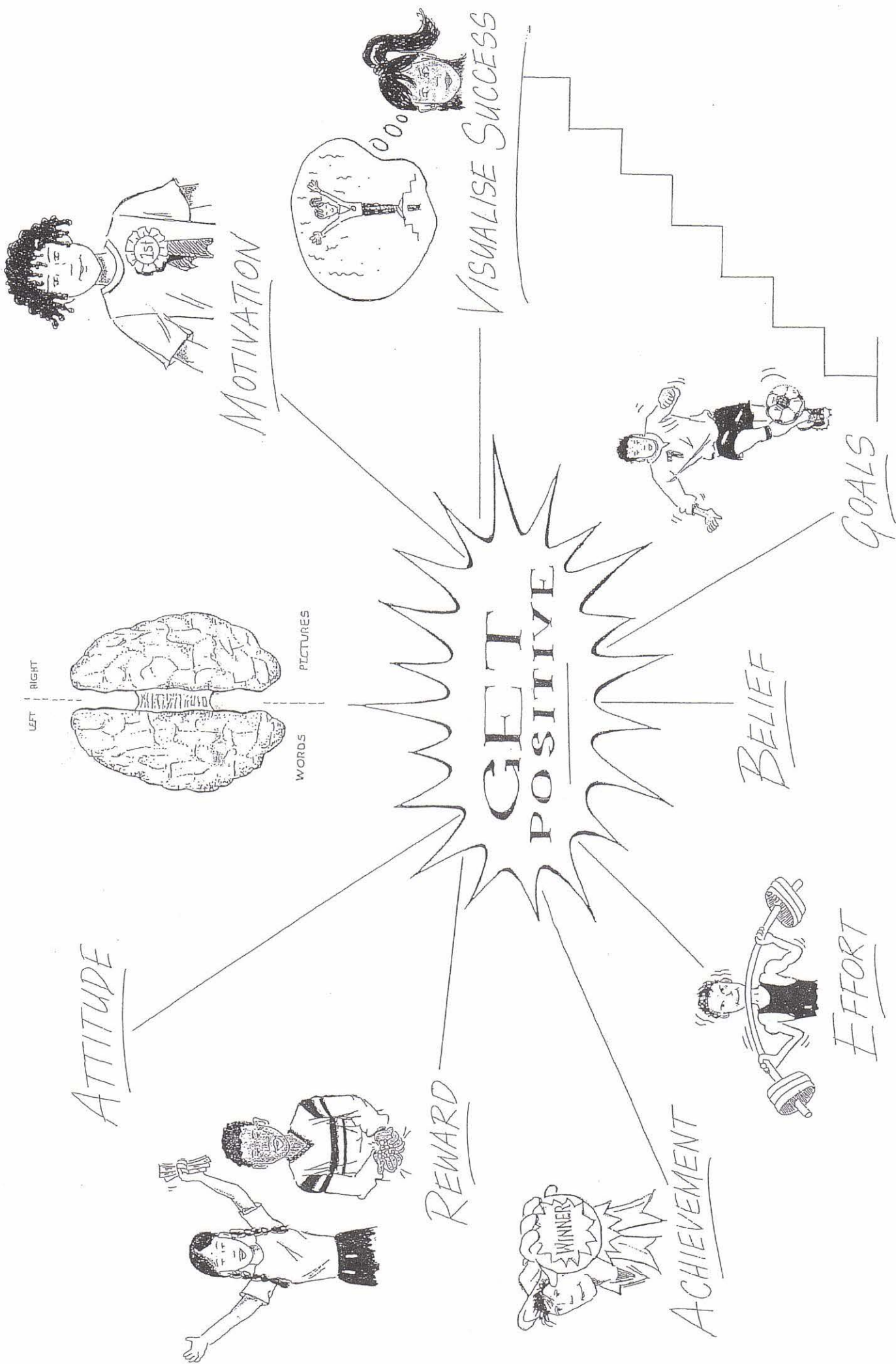
WELCOME TO

# EXAM CONFIDENCE

EXAM SUCCESS SKILLS FOR  
STUDENTS OF ALL AGES



# GET POSITIVE



## **Notice your internal dialogue:**

- Interrupt any negative thoughts
- Say 'STOP!'
- Visualise the 'lollipop man'
- Then deliberately say something like:
  - 'I can handle this'
  - 'I can manage this'
  - 'I can do this'
  - 'I can get through this'
- See yourself succeeding - visualise a successful outcome

What are some of your positive pressures?

What are some of your negative stresses?

The difference between pressure and stress is the degree of negative emotion that accompanies it.

- Remember a time when you did handle pressure well.
  - Describe what you did in order to handle pressure well:
  - What did you say to yourself? What did you imagine? How did you feel?
- 
- What has to be true for you to handle pressure well?
- 
- What can you do to manage pressure?

## VERBAL & NON-VERBAL - THINKING & LEARNING

<b>Ways of Thinking</b>	
<b>Verbal</b>	<b>Non-Verbal</b>
<ul style="list-style-type: none"> <li>• words</li> <li>• logic</li> <li>• 'one step at a time' thinking</li> <li>• self-talk</li> <li>• analysing</li> <li>• phonetic memory</li> <li>• detail first</li> </ul>	<ul style="list-style-type: none"> <li>• pictures</li> <li>• guesses</li> <li>• 'all at once' thinking</li> <li>• imagination</li> <li>• synthesising</li> <li>• visual memory</li> <li>• big picture first</li> </ul>
Turning those ...	Generating ideas ...
Good problem solving requires ...	

<b>Verbal</b>	<b>Non-Verbal</b>
<p>Strategies for learning:</p> <ul style="list-style-type: none"> <li>• reading</li> <li>• writing</li> <li>• listening</li> <li>• reading out loud</li> <li>• recording and playing back</li> <li>• teaching others</li> <li>• learning from the radio</li> <li>• group discussion</li> <li>• debate, argument</li> </ul>	<p>Strategies for learning:</p> <ul style="list-style-type: none"> <li>• underlining or highlighting key words</li> <li>• pictures, diagrams, flowcharts</li> <li>• hands-on models</li> <li>• role playing, acting out</li> <li>• taking notes in different colours</li> <li>• making mind-maps</li> <li>• visualisation</li> <li>• flashcards</li> </ul>

## **Overcoming procrastination:**

### **Get Organized.**

- Get all assignment and test dates in advance from all your teachers.
- Break each piece of work down into its parts.
- Make up a schedule each week with all your deadlines for every assignment and all your sports, extra-curricula and social events for the week.
- Make up a daily “To Do” list and get things done! Cross them off when they are done.
- Do a small amount on every pending assignment EVERY DAY!



## **Memory processes – research findings:**

1) Re-reading doesn't produce good memory, self-testing does. Read a section, pause, ask yourself a question, check with the text, move on.

Questions like:

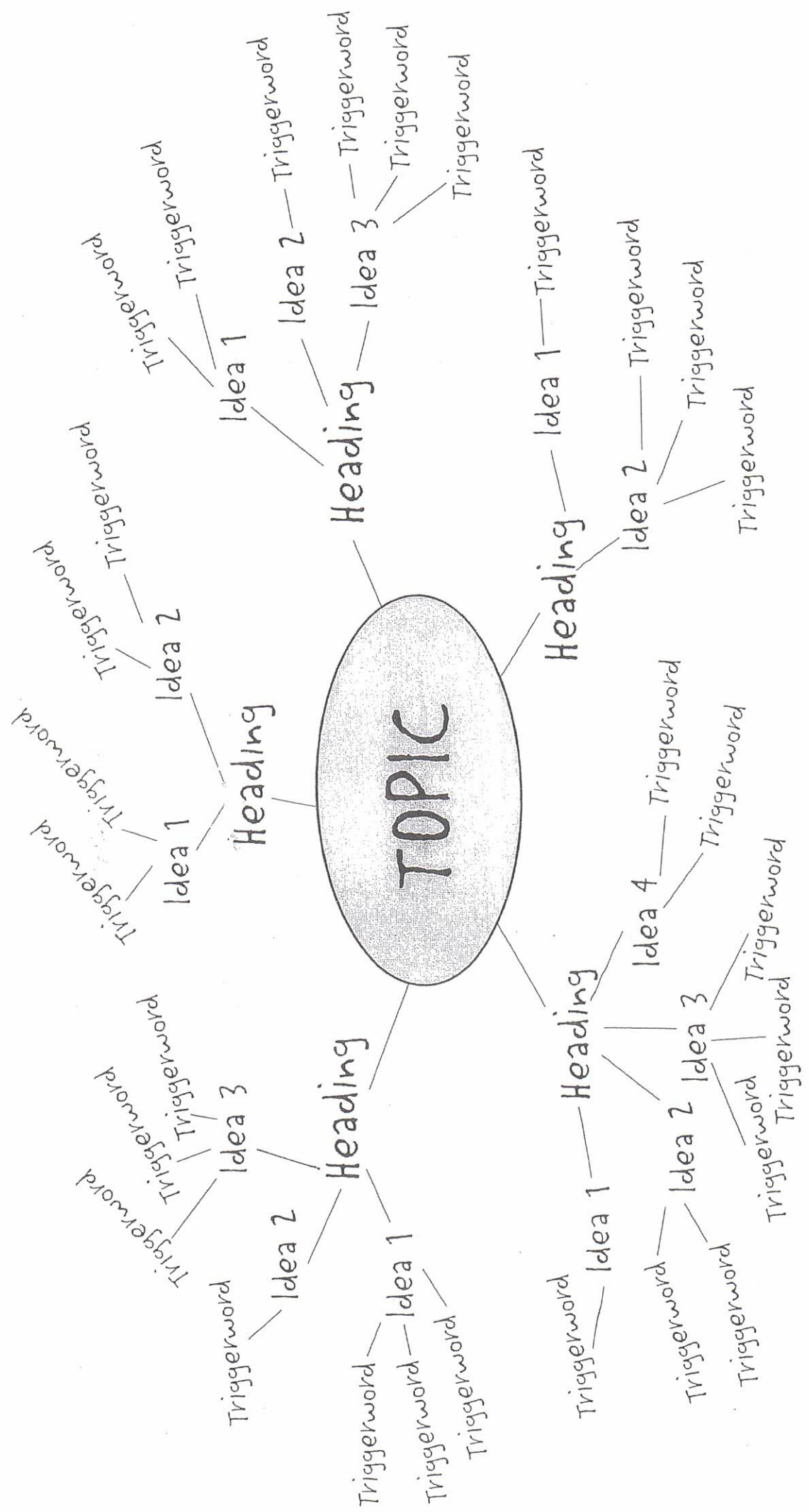
- what are the key points in what I have just read?
- how does this new stuff connect to what I already know?
- what is another example of this?
- what do I understand now about this that is new for me?

2) Making your own notes in your own words significantly increases your memory of that information - works much better than copying a teacher's or textbook's notes.

3) Once you understand, remembering becomes easy. Understanding comes from explaining ideas, concepts, facts – in your own words.

## **How to study effectively:**

- Every night read over everything you processed in class that day, create questions for teachers the next day of anything you don't yet understand
- Make weekly and monthly summaries of key points in each subject – in your own words, with colour, diagrams, images
- Work with a partner or study group with similar goals – teach each other
- Display your summaries on your bedroom wall
- After every assessment rewrite the answers to any questions you got wrong



# THORMap Topic - Headings - ideas in Order - Triggerwords



# Use the Ultimate Summarising, Memorising and Note-Making Technique

**Step 1** - Decide how many pages to summarise tonight. Skim read every page – only 5-10 seconds per page, making sure you look at every word.

**Step 2** - Write the first main **TOPIC** in the middle of a clean page (landscape). Add to it all the **HEADINGS**, as branches – a maximum of 5 Headings per **THOrTmap**.

**Step 3** - Back to the first page of the notes. Actively read the material now, search for the **TRIGGERWORDS** - and highlight them. Only one or two Triggerwords per sentence.

( )

**Step 4** – Group the **TRIGGERWORDS** around key **IDEAs** and attach the Ideas to the Headings in Order.

( )

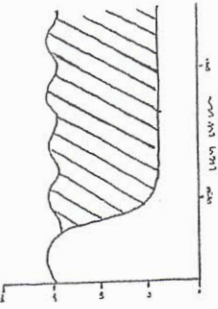
**Step 5** – When you have finished, add in colour and small pictures, diagrams, cartoons to maximise the sensory connections with the information.

**Step 6** - Pick up your completed **THOrTmap** and out loud, turn your **THOrTmap** back into sentences. Explain it to yourself, in your own words.

( )

**Step 7** - For any parts you don't yet understand, go back to the book or the notes and pull out a few more words to add to your **THOrTmap**. Explain that part to yourself again.

Use all your senses to remember  
what you learn

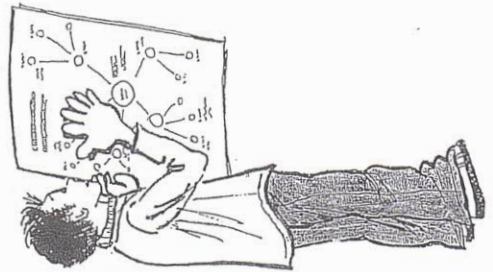


LOOK

LISTEN



DO



AND THEN

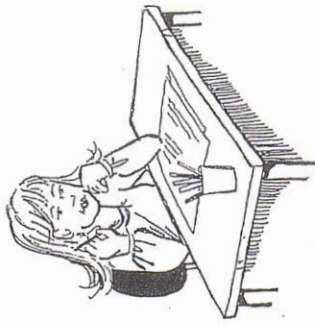
REVIEW

REFLECT



GET  
WORKING

APPLY



**Step 8** – After a 10 minute break, look at your **THOrTmap** again and out loud, turn your **THOrTmap** back into sentences. Explain it to yourself again, in your own words. If there are still parts you don't remember or understand repeat Step 7.

( )

**Step 9** – Within 24 hours look at your **THOrTmap** again and explain it to yourself again, in your own words.

( )

**Step 10** – Do another review the same as Step 9 after one week.

( )

**Step 11** - Do another review the same as Step 10 after one month.

( )

**Step 12** - Find an old exam question on the topic you have studied and do it without referring back to your notes. Check your answer with your notes

( )

**Step 13** – Keep a record of which study techniques work best in which subjects - for you. Where, when, how, with whom, using what resources. This is your own personal *way of learning*. Do more of what helps, less of what doesn't help.

( )

# Before any exams - Eliminate Exam Nerves

- 1)
- 2)
- 3)
- 4)

## In the exams - Use Good Exam Techniques

- 1) Skim through the whole paper and highlight the instructions  
eg. do all of Section A  
and 2 out of 5 in Section B  
then 4 out of 7 in Section C  
this should keep you from making simple mistakes and also gives your unconscious mind time to draw together the necessary material for later questions while you are doing the first ones
- 2) Allocate your time  
Usually 2 hours for a 100 mark paper that's  
120 mins for 100 marks  
1.2 mins per mark  
so a 5 mark question should take 6 minutes  
a 10 mark question should take 12 minutes  
Write in the time you should spend on each question and most importantly **"STICK TO TIME"**  
  
Remember that the first half of the marks for any question are the easiest to get, so make sure you get all the easy marks, first.
- 3) If you are able to, leave a generous space after each answer – this makes your paper easier to mark and gives you room to add in extra information at the end if you have spare time
- 4) Start with the easiest questions – to get your brain going and your confidence up
- 5) Read each question carefully and highlight the verb – what the examiner wants  
eg. there is a great deal of difference between  
list, compare, discuss and describe
- 6) For any long answer questions, plan out your answers first using a THOrTmap
- 7) When you think you have finished, if you have time left, stay put and relax. **NEVER LEAVE EARLY!**  
Once you have relaxed you will probably remember extra things you could add in to your answers so go back and add to them in the spaces left. Don't change any answers unless you are absolutely, 100% sure you got it wrong the first time – first thoughts are usually right.