

EXAM AND STUDY TOP TIPS

By Southend City Youth Council members



Get organised

- Make a timetable with someone else
- Take regular breaks
- Organise your study space
- Ask your parent, carer or teacher for help



Revision tips

- Revise in small chunks rather than all in one go
- Go to the library and study there as you might focus more
- Eat nutritious, healthy food regularly
- Create acronyms to remember concepts
- Watch videos or make posters for tricky topics
- Have small rewards when you complete a topic
- Don't just read your notes, test yourself



Exam tips

- Keep calm and have a positive mindset
- Twisting your joints (for example wrists or ankles) helps reduce nervousness
- Do something the future you would be proud of

Self-care

- Make sure you spend time doing what you enjoy
- Get enough sleep to make your brain active
- Exercise to reduce levels of stress
- Avoid using phones before bed
- Build self-belief, be proud of yourself!



Wishing all young people with upcoming exams the best of luck!

