

**D.A.V CENTENARY PUBLIC SCHOOL, NARELA**

**EXAM COUNT DOWN- USE YOUR TIME WISELY**

**09-12-19**

**FEW WEEKS TO GO**

Plan your revision effectively by spacing it out. Little and often is better than cramming at the last moment.

**ONE WEEK TO GO**

Do lots of past papers and quizzes. Teach the material to someone else. Seek advice, guidance and feedback from others.

**THE NIGHT BEFORE**

Pack your bag for the next day.

Do an equipment check.

Get plenty of sleep.

**THE MORNING OF**

Eat breakfast to fuel you for the day.

**AN HOUR BEFORE**

Get to school early and spend time with relaxing people.

**1 MINUTE BEFORE**

Take a deep breath and gather your thoughts.

**AN HOUR AFTER**

Once you have reflected on the exam, don't dwell on it. Move on.

## **10 TEST TAKING TIPS**

- Get 9-11 hours of sleep the night before a test.
- Eat a healthy breakfast in the morning and drink plenty of water.
- Arrive to school on time.
- Have a positive attitude and motto.
- Read all the directions and answer choices carefully before you pick the best answer.
- Cross out and eliminate the answer choices you know are incorrect.
- Don't get stuck on the more challenging questions. Skip, move on and return to them at the end.
- Do a quick and quiet brain break if you notice you are starting to lose your focus.
- Review and check your work after you have answered all of the questions.
- And always remember this:

**A TEST CANNOT MEASURE YOUR WORTHINESS, LOVABILITY, KINDNESS, EMPATHY, CURIOSITY, PASSIONS, CREATIVITY OR COURAGE.**

**GOOD LUCK!**