

## The MatriX Self-help Zones.

### Zone 5: Pre-exam tips

In T.V. adverts, the Duracell brand of batteries "lasted longer. . . much longer" than other comparable batteries.

Around exam time you'll last much, much longer too, and you'll have more energy, if you look after yourself.

**Eat sensibly** - plenty of fruit for example.

**Exercise** - walk, play a sport, cycle, run, do the gym thing. Whatever, but . . .

GET OUT THERE!

The *physical you* will really help to tone up the *mental you*, when you need it. Watch your stress levels and build some genuine 'me-space' unwinding time into your revision timetable.

**Stay positive!** Visualise yourself with a load of high marks.

**How will you reward yourself when you've succeeded?**

### Revision Timetabling

Your school will help you with this. Make an achievable time/subject grid.

Use your wall planner (**see Zone 3**) and assign a different coloured pen or sticker to each of your subjects. The more colourful and visual you make it, the easier it'll be to track your progress.

### **'I've forgotten what I've just revised!'**

You're not a machine! Vary your subjects. Shuffle your revision times. When are you most alert? (**Zone 1**) Take a break. Split work into 'do-able bits' and reward yourself for work done. Keep it all in perspective; an exam is only a test against a given set of standards. Not a judgment of you as a person.

**Some revision could be done with others - foreign language orals, for example.**

**If you need any pre-exam help...ASK!**