



Ace Your **Exams**

Student Activity Pack

Putting the skills into practice.

Activity 1: Elevate Exam Checklist

| <i>Exam Preparation - Three Weeks Before</i> | | Yes | No |
|--|--|-----|----|
| 1 | I give myself at least 3 weeks to prepare for exams | | |
| 2 | My notes are finished well in advance of exams (2 weeks before the exam day) | | |
| 3 | I spend at least 1 week on practice questions/papers only | | |
| 4 | I do practice questions open-book initially, then when I feel more comfortable I transition to closed-book | | |
| 5 | I do practice questions/papers without time constraints initially, then when I feel more comfortable I time myself | | |
| 6 | I mark any practice questions/papers that I do | | |

| <i>Exam Preparation - On The Exam Day</i> | | Yes | No |
|---|---|-----|----|
| 7 | I stick as closely as possible to my usual routine (eg. what time I wake up, go to bed) | | |
| 8 | I avoid people who speculate about what might be in the exam | | |
| 9 | I avoid cramming outside the exam hall | | |

| <i>During The Exam</i> | | Yes | No |
|------------------------|--|-----|----|
| 10 | I read all questions thoroughly during reading time, and make sure to consider the instructional words used (eg. discuss, analyse, evaluate, etc.) | | |
| 11 | I ration my time according to the number of marks allocated to each question | | |
| 12 | Before I start writing a short-answer or essay response, I take the time to consider all answers and plan out my response | | |
| 13 | I regularly take deep breaths to help avoid tension and to break up sections | | |
| 14 | I allow a small amount of time to review what I have written and make any edits | | |

Activity 1: Elevate Exam Checklist (continued)

| After The Exam | | Yes | No |
|----------------|---|-----|----|
| 15 | I ask for my teacher's advice on how to improve my marks | | |
| 16 | I identify what types of exam questions (multiple choice, short answer, essay) that I lose marks in | | |
| 17 | I identify what topics I am weak in based on the questions I answered incorrectly | | |
| 18 | I use sample responses from people that are getting higher marks than me to see what they are doing differently | | |

SCORE OUT OF 18: _____

Which areas do you have the most 'No's'?

Activity 3: Elevate Exam Debrief

Subject: _____ Mark: _____

Did I achieve my goal? Yes ☐ No ☐

Total hours spent studying: _____

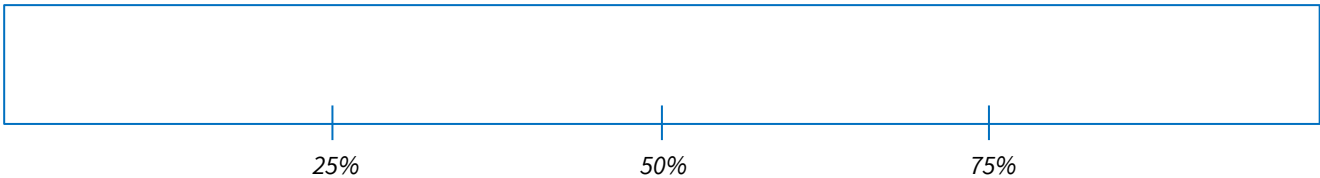
Total hours spent making notes: _____ Percentage: _____

Total hours spent memorising notes: _____ Percentage: _____

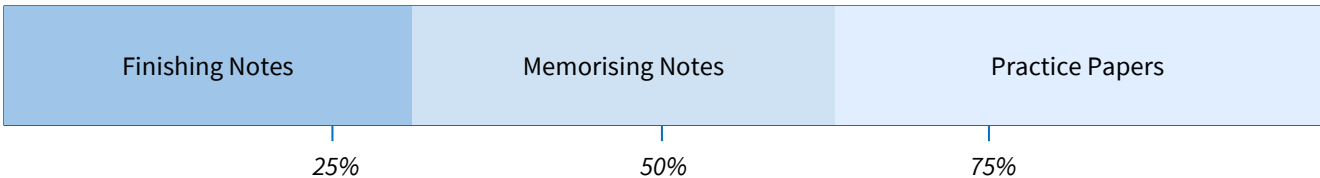
Total hours on practice papers: _____ Percentage: _____

Exam Preparation Health Check:

Enter the amount of time you spend on each task as a percentage:



A top performing student’s study profile will be split like this:



Number of practice papers completed: _____ (Your target is 5 practice papers per exam.)

What could I have changed or improved in my preparation? (i.e. Were you cramming the night before? Did you do enough practice papers? Did you get feedback for all of your practice papers?)

What could you have improved in the exam room? (i.e. Did you spend enough time planning? Did you read every question carefully? Did you run out of time?)

Activity 3: Elevate Exam Debrief (continued)

The 3 things I can immediately change or improve are:

| Action / Change | Deadline | Completed? |
|-----------------|----------|------------|
| | | |
| | | |
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