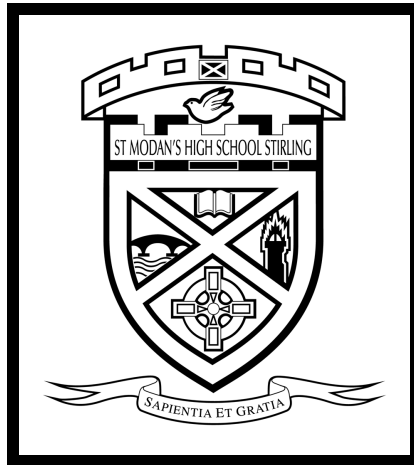


# St Modan's High School Stirling



# Study Planner

Name \_\_\_\_\_

PSD Class \_\_\_\_\_

Several weeks of intensive study to achieve success in your examinations will make your future more secure and give you a greater degree of choice in what you want to do.

## ORGANISATION

"A thousand mile journey starts with a single step."  
*Old Denny Proverb*

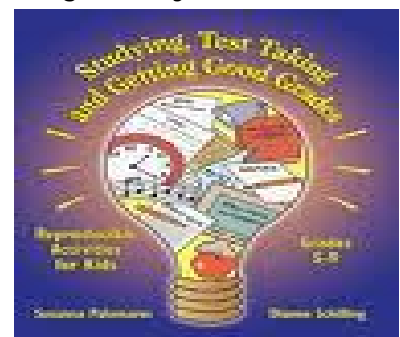
At the risk of being accused of repetition I would remind you that preparing for your exams is more like a marathon than sprint. Like an athlete training for an event you want to be at your best during the exams. You do not want to be burnt out through exhaustion by the time of the exams or totally unprepared. You must steadily build up your knowledge and skills in the period prior to the exams. The night before the examination is too late.

The biggest exams of your life are approaching! Don't panic and pretend they'll go away - they won't! But, if you're organised, you'll find the exams won't be the nightmare experience that you feared - and if you go about things the right way you'll even get time for a social life.



# 10 steps to revision success!

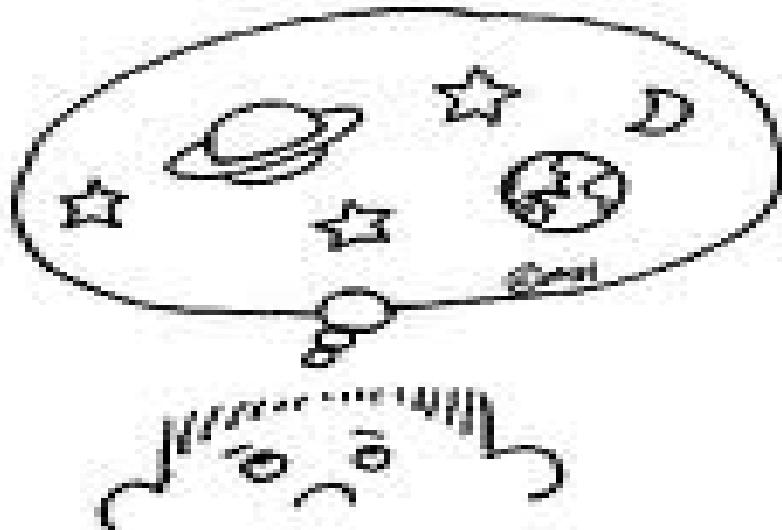
- ✚ **Revision Space:** Find a good place to work. It should be quiet and uncluttered
- ✚ **Revision timetable:** Draw up a revision timetable – it's crucial! It should be realistic, cover all subjects and allow you time off to relax
- ✚ **Make Notes:** Don't just read through your classwork, make notes. Gradually condense your notes so they fit on the back of a postcard
- ✚ **Revision guides:** get a recommendation from your teacher as to which are most useful and then make sure you use them!
- ✚ **Questions & answers:** write out some questions and answers to see how much you are actually remembering
- ✚ **Listen in:** Record your notes onto a CD, mobile phone or iPod and then play them walking down the street or whilst you are in bed
- ✚ **Prompts:** Put key words and phrases on sticky notes around the house, so you'll see them often
- ✚ **Seek help:** Don't go it alone, get friends and family on board to help you revise. If you don't understand something, ask your teacher!
- ✚ **Past papers:** Make sure you get hold of some past papers, they're a really good way of knowing what to expect in the exam
- ✚ **Relax:** if you panic you're lost! The exams are going to happen so you might as well give yourself the best chance of doing well by starting to revise early and keeping calm.



## Memory Cards

Memory cards are a great way to condense your revision notes and help you remember all those important facts for the exam.

- ❖ **Summarise:** once you have written out your revision notes, it's time to condense that information into small manageable facts. This is where memory cards come in to play
- ❖ **Word Power:** for each topic, write bullet points of key facts on a set of index cards
- ❖ **Organise:** Categorise the facts so that you can understand how they all link together
- ❖ **Link:** don't just remember the key facts on the card. They should act as prompts for all the other revision facts you've been learning
- ❖ **Portable:** The great thing about small index cards is that you can take them anywhere!



# GENERAL ADVICE



## **Establish a routine**

Get up early at weekends.

Check your plan for the day and stick to it.

Don't panic – get focussed!



## **Share your routine with your friends and family**

Perhaps you might be able to negotiate not doing household chores during your study period. **Agree times with your friends when you will not phone one another.**



## **Build your concentration**

Take 10 minutes each time you start studying to build your concentration.



## **Recite 'A Student's Prayer'**

Before you start each study session quietly recite the prayer shown on the next page! (If the Lord can't help you.....who can!!!)



## **Make sure you are writing**

Studying = writing: note-taking, summarising and practising.

*Personal Organisation = Personal Success*

# **A STUDENT'S PRAYER**

*(By St. Thomas Aquinas)*



Come, Holy Spirit, Divine Creator,  
true source of light and fountain of wisdom!  
Pour forth your brilliance upon my dense intellect,  
dissipate the darkness which covers me,  
that of sin and of ignorance.  
Grant me a penetrating mind to understand,  
a retentive memory,  
method and ease in learning,  
the clarity to comprehend,  
and abundant grace in expressing myself.  
Guide the beginning of my work,  
direct its progress,  
and bring it to successful completion.  
This I ask through Jesus Christ,  
true God and true man,  
living and reigning with You  
and the Father, forever and ever.

Amen.

## 7 Steps to surviving exams

- **Timing:** Make sure you know how much time you will have in the exam, what kind of questions you will be asked, and how many there will be. That way you can split your time between the questions to make sure they all get answered.
- **Move on:** Don't spend all your time on questions you know the answers to. Remember that you have to answer all the questions!
- **Handwriting:** make sure your writing is legible; it's worth taking a little extra time making sure your work is neat enough for the examiner to be able to read it. Try to avoid spelling mistakes too!
- **Be prepared:** The more prepared you are the more likely you are to succeed.
- **Keep calm:** Most importantly, DON'T PANIC! If you feel yourself getting stressed take a deep breath.
- **Exam post-mortem:** There's no point comparing your answers with your friends. It's not going to help you once it's done and will only cause you to worry!
- **Move on:** Once an exam is over forget about it. There is nothing more you can do about it. The best thing you can do is to go home and revise for the next one.



*Week beginning*

**Enter your exam details before completing this page**

Enter the subjects you will study in each block	Mid-Week Blocks of time		
	Study Session 1	Study Session 2	Evening
<i>Mon</i>			
<i>Tues</i>			
<i>Wed</i>			
<i>Thu</i>			
<i>Fri</i>			

Enter the subjects you will study in each block	Weekend Blocks of time		
	From: ..... am To: ..... am	From: ..... pm To: ..... pm	From: ..... pm To: ..... pm
<i>Sat</i>			
<i>Sun</i>			



# STUDY PLANNER

Week beginning \_\_\_\_\_

Enter the subjects you will study in each block	Mid-Week Blocks of time		
	Study Session 1	Study Session 2	Evening
<i>Mon</i>			
<i>Tues</i>			
<i>Wed</i>			
<i>Thu</i>			
<i>Fri</i>			
Enter the subjects you will study in each block	Weekend Blocks of time		
	From: ..... am	From: ..... pm	From: ..... pm
	To: ..... am	To: ..... pm	To: ..... pm
<i>Sat</i>			
<i>Sun</i>			

**ST MODAN'S SENIOR SCHOOL**

# Study Drive



Success is a  
***COLLECTIVE ACTIVITY.***

This message is **YOU**

and for

***EVERY ONE OF YOUR  
FRIENDS.***

**No one** must feel awkward about:



ATTENDING EVERY DAY



WORKING AS HARD AS THEY CAN



COMPLETING ALL THEIR HOMEWORK



PLANNING ALL THEIR TIME

**Let's make the peer pressure POSITIVE!**