

# EXAM HANDY TIPS

NCEA & MCAT



**Impact**   
TUTORING

*Because You Count*



*Welcome*

## **EXAM TIME!**

Just the thought of exams can create stress, but we know you can feel confident and ultimately, believe in yourself.

There are many different ways to help manage stress leading up to exams, see our tips and helpful hints to find some that work for you.

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## **IMPACT TUTORING**



A photograph of two young women in a classroom setting. One woman is leaning over the other, looking at a book or paper. They both appear to be smiling and engaged in their study. The background shows a desk with some books and a chair.

01

# BEFORE YOUR EXAMS

Some key tips to being prepared for your exam is to allocate time for study, this sounds simple enough, but it is easy to get distracted, and procrastinate.

- ✔ Set yourself a study area so that your brain can get into study mode. Summarize your text, take notes, create a visual mind map, find a study space, make your study sessions short - if it's too long it won't be productive.

- ✔ *Write, Brainstorm and practice!*

Write and re-write your notes, keeping them simple and focusing on key points,

Brainstorm and write everything you remember on the topic

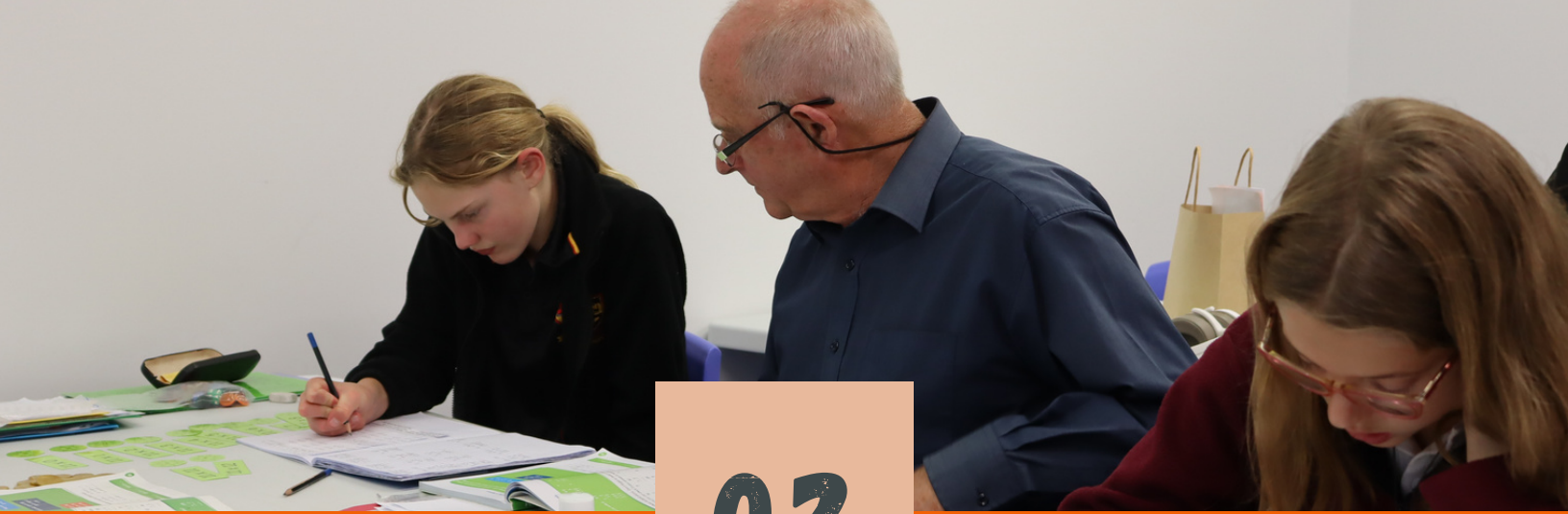
Practice, work through previous exams and highlight areas you find difficult.

- ✔ Write your notes on small cards so you can rotate them
-

# BEFORE YOUR EXAMS

- ✔ Self care is super important.  
Hydrate  
Eat balanced, nutritious food/snacks!  
Sleep, sleep, sleep  
Schedule breaks  
Exercise, fresh air!  
Balance by staying connected with family and friends.
- ✔ Prepare the night before, to keep your mind clear, get yourself ready for the next day. If you have questions to ask your teachers, have them written down. Make notes on your calendar for exam practice days. Ensure you have highlighters and sticky notes to have in class the next day. If you have after school sports or work make sure you have a clear timeframe of when your study time will be the next day and stick to it as much as you can
- ✔ There is a saying 'Eat a frog for breakfast' basically this means if you have a daunting, difficult task to do, Pick your most difficult task and cross it off before you do anything else. This will set you up for a great day, feeling accomplished and getting you in the right frame of mind for the day.
- ✔ Bundle up!  
Combine a task you don't want to do with a reward that you really want to do. Do the mahi - get the treats!
- ✔ Small tasks? Get it done .  
If a task will only take 5 mins then do it NOW not later





02

## EXAM TIME

Your exams are here. This is three or more years of study and focus all leading up to this point.

- ✔ The night before your exam, have a great meal, remember to hydrate, hydrate, hydrate! Avoid caffeine
- ✔ Set some time aside for exercise, stick to what your normal habits are, but if time is an issue, then just get in a good walk .

Use the time before bed wisely, make sure you don't stay up late.

- ✔ Just before your head hits the pillow is the perfect time for memorisation. As you hop into bed before sleeping, your memory retention improves significantly, so go over key words, some of the notes on small cards right before switching off to make the most of that extra brainpower.

# AFTER YOUR EXAM

03

Your exam has finished! Even if you have another exam, try and give yourself at least an hour to allow your brain to rest and decompress.

If you have just finished your last exam, take a deep breathe, put your books and notes away. Put your room back to normal, pack your study area away.

Reward yourself, go out for a treat, catch up with friends. Plan a special dinner, your favourite meal.

Catch up on things you have missed,  
Have a sleep in!



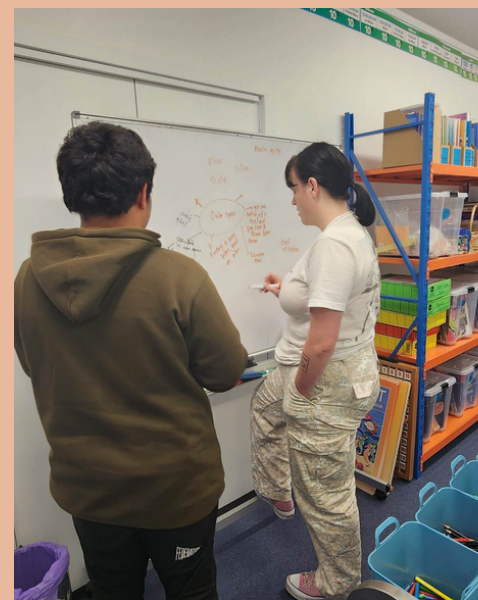
# SETTING YOU UP FOR SUCCESS

Our team of tutors are dedicated and passionate and aim to help you to succeed on your learning journey.

We provide personalized learning cater to your needs.

Many of our tutors have been exactly where you are now, and they offer a calm and patient environment to help you navigate your way through this step in your journey.

Our online tutors can fit around your busy timetable, so if you need to get in some extra tuition, to tackle those hard areas in your subjects please contact Jean and she will find the right tutor for you





# ONLINE COURSE



Our online courses are perfectly designed to help for the NZ NCEA curriculum.  
We have a large range of online course ready now for you

Contact Jean to get the right course for you!

[www.impacttutoring.co.nz](http://www.impacttutoring.co.nz)

