

# Exams

## HOW TO PREPARE FOR AND BE SUCCESSFUL ON YOUR EXAMS

Try to think of exams as similar to unit tests. Each grade **9 or 10 exam is only 90 minutes long, which is only 15 minutes longer than a regular class** (and grade 11 and 12 exams are 120 minutes, so just a little bit longer)

**Proper preparation is key for success.** Exams will be based on learning throughout the semester so you should **look at past assessments** - tests, assignments, and essays for an idea of structure and content. Review vocabulary of each unit. Review all past unit reviews.

Exams make up anywhere from 10-20% of your final mark... they can make a difference between pass and fail or between 50's and 60's or 70's to 80's.

**Study TIPS:** Study in shorter intervals. Example: Three 40 minute periods with breaks is better than 2 hours straight. Turn off your TV and PHONE, eliminate distractions. Study at a table not on your bed. Plan the most time for your hardest subject. Build a vocabulary list and review it. Write and rewrite. Use flashcards or post-it notes or an online tool like Quizlet. Study with a reliable peer; you can quiz one another or ask someone at home to quiz you.

Use a variety of study methods that have worked well for you in the past. **Always try to study with pen, paper and your own voice, and even say things out loud.** The more different ways your brain works at something the better you will learn it. **If you are looking for study strategies. Check out THIS LIST (if the link doesn't work, go to the Learning Strategies section of Ms. Pollice's Student Success Google class - code to join is 436weos).**

**Engage in positive self-talk:** Never say you cannot do something. Always tell yourself that you can do it. Never put yourself down or give up. Remember the story of the Little Engine that could.....I think I can, I think I can, I think I can.....Believe in yourself, God does.

**Take care of yourself and try to stick to a routine:** Use spare time to get organized, prepare for the end of the semester and incorporate fresh air, exercise, and healthy snacks into your day. A brisk walk is a great way to take a study break, alleviate stress, and feel rejuvenated.

Create a plan that you can follow, like the one below.

## December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>8</b> God/family time.  Practice a good sleep routine.  Focus on the next couple of weeks before the Christmas Break.	<b>9</b> Ensure you are caught up in your classes. If not, make a plan with your teachers to do so. Try to get things done before the break.	<b>10</b> Choose 2 - 3 new study strategies you will try on upcoming quizzes / tests.	<b>11</b> Spend 1 - 2 hours to organize your notes - <i>see if you are missing anything and make sure to print or ask for missed notes as you have everything you need to start preparing for exams</i>	<b>12</b> You don't want to have to worry about incomplete work on your holiday.	<b>13</b> Create a designated study space. Minimize distractions and make it comfortable. (Avoid your bedroom if possible).	<b>14</b> Practice mindfulness.  Homework for an hour.  Family / Friends time.
<b>15</b> God/family time.  Practice a good sleep routine.	<b>16</b> Find your past tests and assignments.  <i>*Last week before holidays</i>	<b>17</b> Complete regular homework	<b>18</b> Complete regular homework & make plans for the break.	<b>19</b> Locate all course binders and tidy them up (make sure you have all your notes in order).	<b>20</b> Take home course binders.	<b>21</b> Practice mindfulness.  Family / Friends time.
<b>22</b> God/family time.	<b>23</b> Take a well-deserved break and relax and enjoy..	<b>24</b> God / Family time.	<b>25</b> Relax and Enjoy! Happy Birthday, Jesus!	<b>26</b> Relax and enjoy	<b>27</b> Make a list of vocabulary terms for 2 courses.	<b>28</b> Make a list of vocab terms for your other 2 courses.
<b>29</b> God/family time.	<b>30</b> Review for an hour. Focus on time management during study sessions.	<b>31</b> Reflect on the year and look forward to a new one!	<b>JAN. 1</b> Happy New Year!	<b>2</b> Spend 2 hours studying for your hardest subject (make sure you have a break in between).	<b>3</b> Try one new study strategy and celebrate your efforts and hard work.	<b>3</b> Create a study schedule and focus on targeted revision and practice.

**"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline." - Timothy 1:7**

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## WRITING EXAMS: PROVEN TIPS FOR SUCCESS

Be sure to arrive on time, each exam day, ready to begin at 8:27 a.m. Each day is dedicated to one exam and goes in order of your regular schedule. See below for further clarification:

TIME:	WEDNESDAY, JAN. 22	THURSDAY, JAN. 23	FRIDAY, JAN. 24	MONDAY, JAN. 27
8:27 am	Opening exercises and morning announcements. Students are to be in class during this time.			
8:30 am - 10:30 am	PERIOD 1 EXAM	PERIOD 2 EXAM	PERIOD 3 EXAM	PERIOD 4 EXAM

- **READ the whole exam FIRST.** Read with your pen in hand. Underline or circle key words.
- **Notice how much each question is worth**, maybe put \*\* beside the ones worth the most.
- The higher the mark - the more information is required.
- **Do the easier questions first - build your confidence.**
- **Jot down any immediate ideas for longer writing pieces** as you read the exam or as you do the multiple choice.
- **Write down any memorized lists or formulas** on the top or back of the exam once you are allowed to begin, so you do not forget.
- **Look for any hints** in the exam, hints are often found in the multiple-choice section. Answer every multiple choice question.
- Use a blank sheet of paper beside your exam to record any ideas or to do any rough work or sketches or write down what you have memorized. Example: lists or formulas
- **Re-read your finished exam**, make any grammar or spelling changes. For Math and Science exams **check your work**.
- **Do not leave anything blank! Try all questions**, even if in the essay question the most you do is put down some ideas, something is better than nothing.

**Create a Study Calendar** to organize your time effectively, ensuring you make time for breaks and approach studying in a balanced manner. Below is a sample calendar you may want to try or you can use it as a starting point to create your own.

## January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1 Happy New Year!</b>	<b>2</b> Spend 2 hours studying for your hardest subject (make sure you include a break).	<b>3</b> Try one new study strategy and celebrate your efforts and hard work.	<b>4</b> Create a study schedule and focus on targeted revision and practice.
<b>5</b> God/family time	<b>6</b> Prepare for final units and Culminating tasks (if not already complete before holidays).	<b>7</b> Finish this week strong, stay in class. Listen for hints about upcoming exam.	<b>8</b> Listen for any exam hints: write them down. Review past assessments tests for 2 classes.	<b>9</b> Review past assessments tests for 2 classes, do regular homework.	<b>10</b> Ask questions if you are missing info.  Relax after school.	<b>11</b> Review   vocabulary, write out terms again and / or use quizlet to create digital flash cards.
<b>12</b> Review past assessments, correct mistakes.  God/family time	<b>13</b> Study for 2 - 30 minute blocks  <b>Locate textbooks</b>	<b>14</b> Study for 2 - 30 minute blocks  <b>Locate textbooks</b>	<b>15</b> Complete subject reviews from teacher + Ask review questions in classes.	<b>16</b> Review any diagrams and vocab. Ask review questions in classes.	<b>17</b> Ask review questions in classes.	<b>18</b> Plan for 2 hours of study: hardest subject first. Don't forget short breaks.
<b>19</b> Study for 2 - 45 minute blocks  God/family time.	<b>20</b> Ask review questions in classes.	<b>21</b> Last day of classes: <i>Don't skip - this is when teachers give hints :)</i> <b>Study only for period 1 exam.</b>	<b>22 Period 1 Exam</b>  Study in the afternoon for the period 2 exam.	<b>23 Period 2 Exam</b>  Study in the afternoon for the period 3 exam.	<b>24 Period 3 Exam</b>  Study in the afternoon for the period 4 exam.	<b>25</b> Study for 2 - 30 minute blocks in the morning and again in the afternoon.
<b>26</b> Study for 2 - 45 minute blocks God /family time	<b>27 Period 4 Exam</b> Take the afternoon off	<b>28</b> <b>Contingency day for possible cancelled exam</b>	<b>29 Exam review day:</b> Come in and see how you did! <i>Modified schedule. Details to follow.</i>	<b>30 P.A. DAY</b> <i>Last day of Semester One - No Classes.</i>	<b>31</b> <b>Ready for a fresh start?! 1<sup>st</sup> day of <u>Semester Two!</u></b>	<b>FEB. 1 YOU DID IT!</b>  😊

**"I can do all things through him who strengthens me."  
- Philippians 4:13**