



Sherwood
SECONDARY SCHOOL



GRADE 9 COCOA & CRAM



Exam Week Tips



Stress





Keep your stress levels down

- Have a plan and be organized
- Be sure to get enough sleep before and during the week
- Always have a good breakfast
- Exercise can help relieve stress





Ideas to study for exams: create a study sheet

- Summarize notes taken earlier during the course
- Write out key terms and definitions in your own words
- Use a variety of strategies to help you remember
 - Highlight
 - Recite sheet out loud





Ideas to study for exams:

understand

- Understand the concepts in class not just the content
 - Can you apply the concepts to different types of questions?
- **Don't be a parrot**



How to study for exams:

Review

- Review old tests, quizzes, assignment
 - Write out questions and complete them again without looking at the answers, then mark them
 - Read over the teachers feedback on your assignments
- Pay attention during exam review in class, teachers will give you tips about their exam
- Complete review questions given in class
 - If you have a question wrong during the review, try it again at home



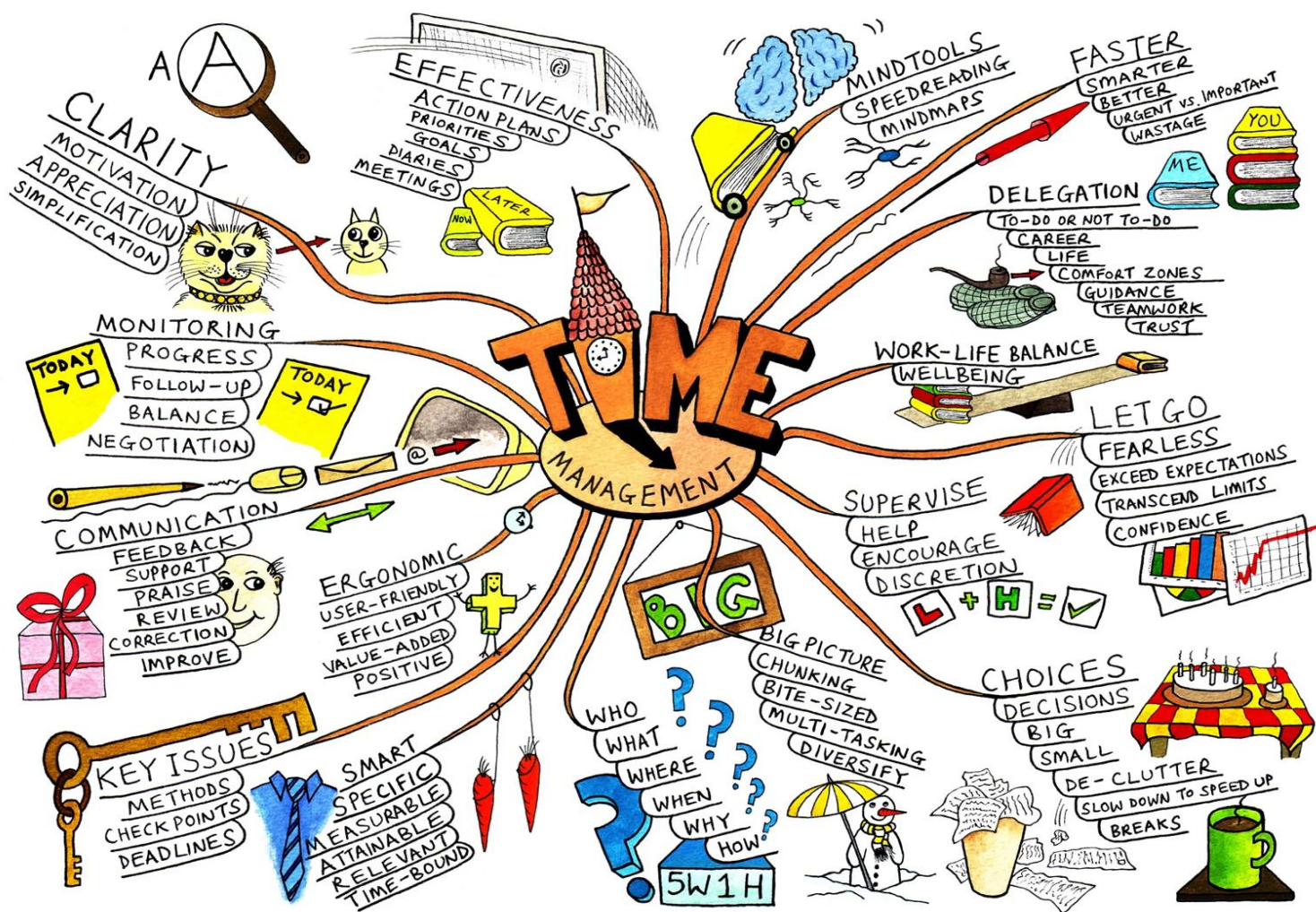

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Strategies



Mind map

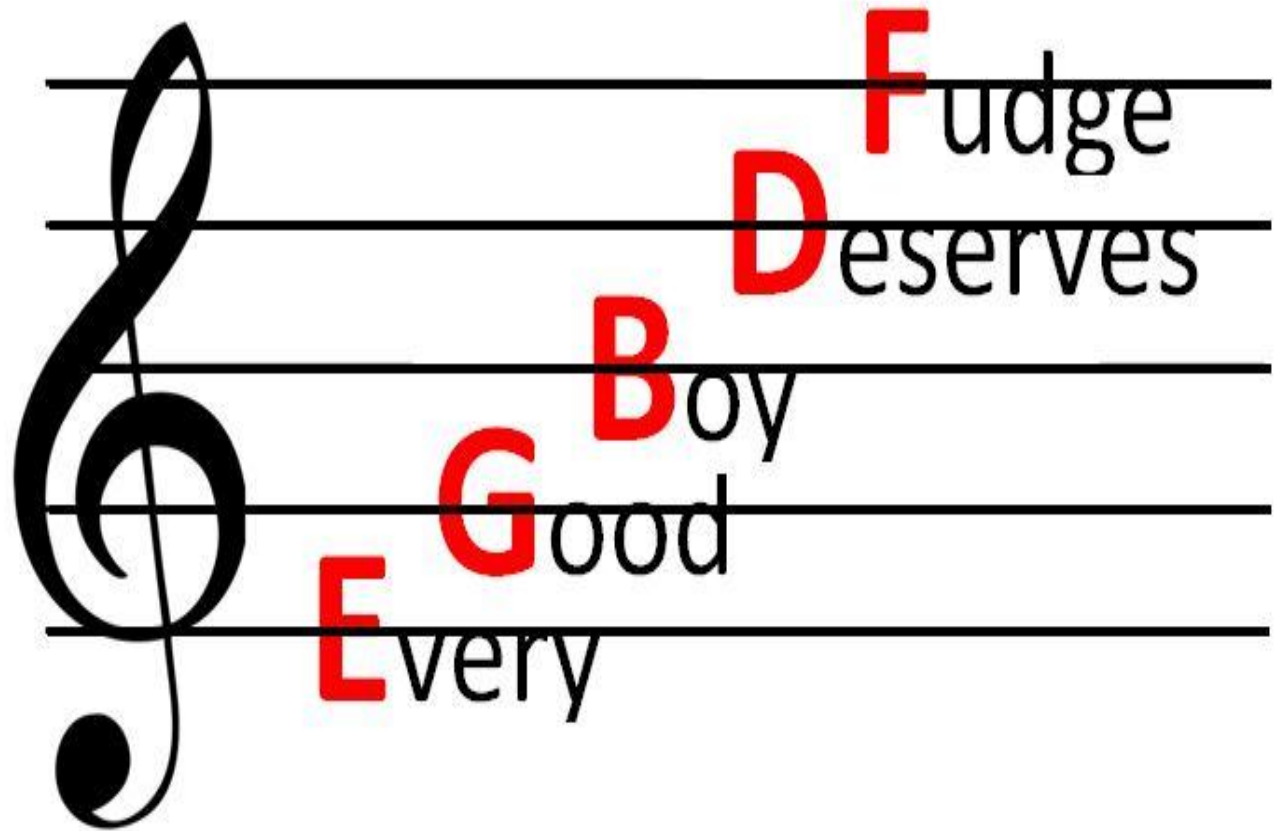
“Graphical technique for visualizing connections between several ideas or pieces of information”





Mnemonics

“something intended to assist the memory, as a verse or formula”





Test yourself

- Ask your parents siblings or friends to quiz you
- Test yourself often
- Use cue cards
- Review all the questions you get wrong
- Seek clarification on questions you don't know or understand





Teach someone else

- Teach someone else the concepts that you've learned in class
- Great indicator on whether or not you really understand the content






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Do what works for you!!



Ideas to study for exams:

- Find your perfect location
 - Where do you learn the best?
 - Where are the least amount of interruptions?
- Find the perfect time to study
 - At night?
 - In the morning?
- Make sure you have everything you need
- Schedule time for breaks




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Writing Your Exam



Writing your exam

- Take a deep breath before you start
- Read all the questions before you start to write
- Manage your time
 - Know how many marks are for each question and spend appropriate amount of time on it
 - Start with questions you are sure about but mark the questions you need to come back to



Writing your exam - continued

- Read the questions carefully and make sure you answer what it is asking for
- Check over all of your answers, but do not change the answer unless you are sure
- Not not leave any questions blank!
- Ask questions to your teacher during the exam to clarify




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Exam Week Stuff



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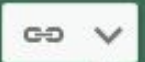
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- Semester 1 exams start at 9:00 am each day.
 - You should arrive at least 15 minutes before your exam starts.
- Exams are at least 75 minutes but could be 2 hours (ask your teacher).
- After you are able to leave your exam you must leave the school
- You can go home to study for your next exam.



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- Bring a pen, pencil, eraser, calculator, textbook and phys. Ed clothing to your exams as needed.
- Students with an I.E.P. should speak IN ADVANCE with their classroom teacher to make arrangements to write their exam in a different location.



- Exam make up day is only used if we have a snow day on an exam day. If this happens all exams are bumped to the next day. If there is not a snow day you may stay at home (unless your teacher has asked you to come in to complete work).
- Semester 2 classes start Friday, Jan. 31st , 2020.



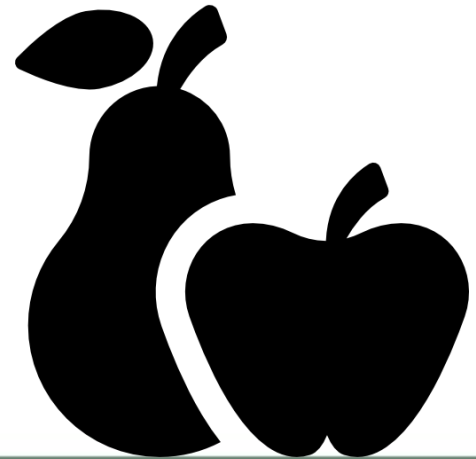
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Free breakfast

8:30-8:55 am

in the front foyer on exam
days






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Good luck!

