

## It's exam time again

It's exam time again and they just get more important every year so here are some tips for you and for your family who are supporting you while you complete coursework/essays, revise, and start the countdown ready for the big day. However old or experienced you are it doesn't always get easier. If you have learning disabilities like dyslexia it can be extra hard.

What are some of the most important things to know about getting ready? Let's divide that up into study and the looking after yourself bit.

Be prepared, start early, make a weekly timetable and leave yourself space for fun. Take each of your subject /topics and check your work is up-to-date. Read through your notes and your work and make a list of help you need from your teacher or family; then see what you can do to help yourself.

Which are some of the best ways to get the information into your head? Look at old questions and exam papers and generate as many new questions as you can. On your own or with friends ap out the answers. Pretending you are the examiner puts you in control! Check for websites and phone apps there are lots around. Diagrams and specific information need repeated practice.....try using colours and making up mnemonics (memory triggers like rhymes).

Your family can help by supporting regular routines, make sure days and nights don't go topsy turvy! Balanced diets are important too much coffee or sugar takes the energy up and drops it just as quickly. There are many ways to deal with anxiety, help calm you, reduce brain freeze and enable you to concentrate calmly on revision and perform better on the day. These can include relaxation, meditation, hypnotherapy, or Emotional Freedom technique (EFT) where you tap on acupuncture meridians.

Naomi Burgess is an Educational Psychologist. She offers support for people with or without learning disabilities who have revision difficulties or exam anxiety. Please see my website [www.naomiburgess.com](http://www.naomiburgess.com) for contact details.

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