

Study Tips for School Assessments

Class tests and term assessments can be daunting for students. Remember that assessments are a way for you to check your knowledge and understanding of different subjects and topics and can really help prepare you for both Junior Cycle and Leaving Certificate exams.

We hope that the following tips will help guide you on the way to exam success!

Step 1: Prepare

Preparation is key for all forms of assessment. Preparation means taking the necessary steps to help yourself be ready for each test.

- Note down the topics that will be covered in each subject. Ask your teacher to list the chapters and topics that can be expected to appear on the assessment. Create a topic revision list for each subject.
- Study timetable- assign time to study each subject by completing a study timetable. Tick off each topic from your revision list as you study them.
- Assessment format- ask your teacher what you can expect on the test. How many questions on the test? What type of questions? Will there be any choice? How long will the test be? What will the marking scheme look like for the test?
- Goals- write down the grade you want to achieve in each subject. Having a goal for each subject is important to help motivate you to learn.

Step 2: Action

You now know what you need to study and when you will study each subject.....so it's time to act and start revising! Some students find this step difficult and find excuses to not start studying but to achieve success in exams the sooner you act the better. For term tests it is important to put your study plan into action at least four weeks prior to assessments.

- Show your study timetable to your parents/guardians. Ask them to help keep you on track with your revision lists and timetable.
- Stick to your timetable as best as you can. If something comes up and you cannot fit in a subject, study that subject at a different time.
- Before you begin to study each subject consider how you will revise the topic- will you create notes/ a mindmap? Will you answer exam questions/end of chapter questions/re-do tests? Will you test yourself by using flashcards or discussing the topic with someone?
- Reward yourself when you complete your revision. Take a break, watch something nice, have a hot chocolate or catch up with friends.

Step 3: Be Confident

This is a very important step throughout your preparation for assessments. If you believe that you can do well, you will do well. Talk out loud to yourself and repeat...*I can do well in this subject/ I will reach my goal in this subject.* Remind yourself that you are putting the work in and that you are trying your best. Negative self-talk can lead students to give up as they are telling themselves that they can't do it. Positive self-talk can be a powerful tool to help you gain confidence in a subject and believe that you are able to succeed.

Step 4: Exam Day

Assessment day has finally arrived. Remember you have nothing to fear if you have followed the previous steps.

- Make sure that you know exactly what you need for each test. Pack your bag the night before and go to bed early.
- Tests can be tiring so try your best to get enough sleep each night, avoid using your screen before bed as this can lead you to feel less sleepy.
- Eat a good healthy breakfast each morning. Sitting a test on an empty stomach will not help you concentrate fully on each test.
- Read each question on the assessment carefully. Make sure to attempt all questions. If you are stuck, skip ahead and return to that question if you have time. Use your time wisely and leave space in-between your answers in case you remember to include further information.
- Try to relax in-between tests, avoid talking too much about the test you just completed.
- Congratulate yourself when the assessments are finished. If you have given time to preparing for the tests and studying all the relevant topics for each subject, you deserve to reward yourself and tell yourself that you have tried your best.