# LIFE SKILLS STUDY SKILLS

# TAKING EXAMS

## LIFE SKILLS

When you have an exam you should:

- organise your time
- prepare what you need
- keep calm and don't worry!

Taking exams can make you feel nervous or worried. If you prepare well and relax, you will do your best.

## 1 Look at the statements. Are they true for you?

1 I have a good memory.
2 I find some exams difficult.
3 I don't worry about exams.
4 I can never finish exams in the time.
5 I like doing exams.

**In pairs, compare your answers.**

LIVEWORKSHEETS

## 2 Do you think these ideas are important when you have to study for exams? Read the text and tick the ideas that are mentioned.

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- [ ] how much you sleep
- [ ] what you eat
- [ ] preparing what you need for the exam
- [ ] organising your time
- [ ] talking to your teacher
- [ ] doing physical exercise

## 3 Complete the texts 1–9 with the sentences a-i.

**a** Make mind maps with important information
**b** Get plenty of sleep
**c** Organise your study time
**d** Exercise regularly to help your brain
**e** Have a good breakfast before you go to school
**f** Make sure you have breaks
**g** Try and learn information in small blocks
**h** Draw pictures or create sentences about information you have to learn
**i** Revise with a friend

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# ADVICE – studying for exams

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1. _____ : Don't spend too long on one topic, but do a little of each subject every day or week. Make a timetable for the afternoons or evenings, with study time, eating time and include some free moments.
2. _____ : It's difficult to remember too many things at the same time, so if you have a lot of information to learn, divide it into sections.
3. _____ : For example, draw a picture next to a foreign word you want to remember. Or, to remember the formula $E=mc^2$, you could write *The elephant made cakes twice*.
4. _____ : We often remember better if we can see a kind of picture of the most important points. This makes it easier to connect the information in our minds.
5. _____ : Healthy food gives you energy and helps you to concentrate.
6. _____ Stand up every hour and move around. Have a small snack or a short walk to clear your mind.
7. _____ : Don't stay up late to send messages on your phone or play video games. It's better to go to bed not too late, get up early the next day and review what you studied the day before.
8. _____ : You can test each other on what you need to know. For example, if you are studying history, say the name of an important event and then your friend can say the date, or say the date and he/she can try to say the event.
9. _____ : Find time to do some physical activity at the weekend or during the week.

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## 4 Answer the questions. Use ideas from the advice on studying for exams.

1 What information should you put in a study timetable?

You should put: _____ .

2 What can you do to remember foreign words?

You can _____ .

3 What can you do in the morning when you have an exam?

You can _____ .

4 What should you do when you take a break from studying?

You should _____ .

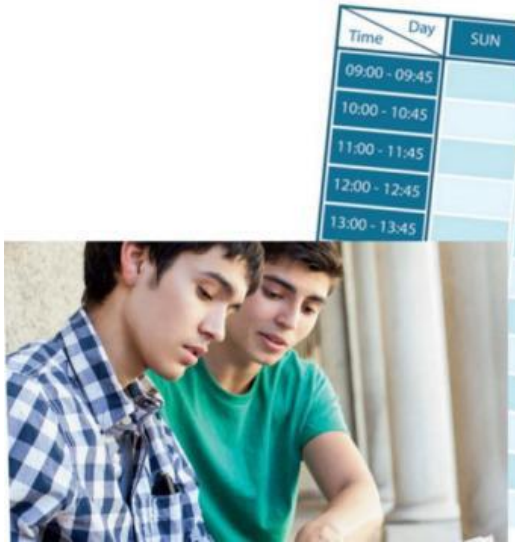
5 What shouldn't you do at night instead of sleeping?

You shouldn't _____ .

6 How can friends help each other to study?

They _____ .

## 5 What do you do when you have to prepare for exams? Talk to your partner.






LIVEWORKSHEETS

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**Conversation 1:** What things did Peter and Matty need for the exam? Peter: _____, Matty: _____.

**Conversation 2:** Why did Meg fail her exam? She _____.



**Conversation 3:** Did Sam answer all the questions in the exam? _____.

**Conversation 4:** What did Tim forget to do in the exam? He forgot to _____



**Conversation 5:** What advice does the teacher give Sophie? To _____.

148 **7** **Listen again. Complete the expressions for giving advice.**

## USEFUL LANGUAGE

1 You _____ remember to bring an extra pen.

2 _____ I help you study for the next test?

3 You know that you _____ guess?

4 You _____ make sure you've done everything.

5 If I _____ you, I'd look at the clock.





LIVEWORKSHEETS