

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.



ADVICE – studying for exams

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

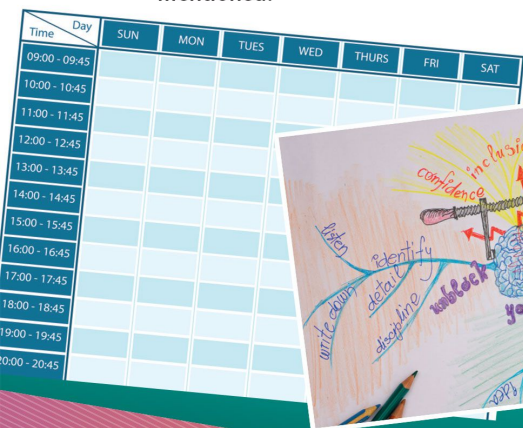
- 1 I have a good memory.
- 2 I find some exams difficult.
- 3 I don't worry about exams.
- 4 I can never finish exams in the time.
- 5 I like doing exams.

In pairs, compare your answers.

2 Do you think these ideas are important when you have to study for exams?

- 1 how much you sleep
- 2 what you eat
- 3 preparing what you need for the exam
- 4 organising your time
- 5 talking to your teacher
- 6 doing physical exercise

Read the text and tick the ideas that are mentioned.



- 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.

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

4 Answer the questions. Use ideas from the text on page 116.

- 1 What information should you put in a study timetable?
- 2 What can you do to remember foreign words?
- 3 What can you do in the morning when you have an exam?
- 4 What should you do when you take a break from studying?
- 5 What shouldn't you do at night instead of sleeping?
- 6 How can friends help each other to study?

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



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6 Listen to the conversations and answer the questions.

Conversation 1: What things did Peter and Matty need for the exam?

Conversation 2: Why did Meg fail her exam?

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

Conversation 4: What did Tim forget to do in the exam?

Conversation 5: What advice does the teacher give Sophie?



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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.



PROJECT

A video presentation

Make a video presentation, giving advice and suggestions for exams.

- Work in small groups.
- Think about what you need to do before an exam, during an exam or at the end of an exam.
- In your group, prepare a short video presentation with the best advice for your class. You can record this on your phones, and you can have a conversation or explain the ideas individually.
- Show your video to the class and be ready to answer any questions about it.
- After you see the video, tell the other groups the ideas you liked.