



Examination Preparation

Being the best we can be



- What can I do to achieve the best results for me?

Being the best we can be



- In any high stakes situation pressure is a factor.
- How we behave under pressure is fundamental to what we achieve



Being the best we can be

Scalby School



<http://www.youtube.com/watch?v=DY9vNbs9irQ>

Being the best we can be

A learning community

Ambition for all

Education is more than exam results

Leadership at all levels



It's 88 points all, 0.6 seconds to go, the Yellow team have two free shots, the first shot goes in to put them 89-88 up

<http://www.youtube.com/watch?v=JECIkFoqev4>

Being the best we can be



What Causes Pressure?

- student's expectations to perform
- other people's expectations
- preparation for the examination
- importance of this examination
- anticipated difficulty of examination
- other areas of life that compete for student's time (work, relationships, social time)
- lack of self-confidence (doubting their ability to perform)
- repeated errors in the past

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Dealing with Pressure



- The most important concept in dealing with pressure is to start with the realisation that there is **no such thing** as performance pressure, except what you make of it in your mind. Pressure isn't something that happens to us – it is something that is manufactured by our own thinking.
- Pressure in the context of examinations isn't real – it doesn't exist. It doesn't have a form, a colour, a smell. Pressure is simply how we perceive the situation we are in.

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Dealing with Pressure



- SO....
- You control the situation you are in.
- Anyone can do this

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Dealing With Pressure

- student's expectations to perform
- other people's expectations
- Focus on what is important and that is the task that you have presently. Try not to think about what others think. Do the best for you.

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Dealing With Pressure

- preparation for the examination
- importance of this examination
- They are all important but they are not THE most important thing. Don't lose perspective. Don't lose sight of the basics too – eating, sleeping, relaxing, other people

What Causes Pressure?



- preparation for the examination
- anticipated difficulty of examination
- It is only difficult if you don't know it. Prepare thoroughly and focus on all the parts of the examination. Don't focus too much on the parts you think are most difficult and neglect the parts that you are more comfortable with.

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- <http://www.youtube.com/watch?v=GchfVy6hgVA>

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What Causes Pressure?

- preparation for the examination
- other areas of life that compete for student's time (work, relationships, social time)
- Again, retain some perspective. You can go out and enjoy yourself to your hearts content ONCE THE EXAMINATIONS ARE OVER.
- For most students this is June 13th.
- In 7 WEEKS

Being the best we can be



What Causes Pressure?

- preparation for the examination
- lack of self-confidence (doubting their ability to perform)
- repeated errors in the past
- Practice examination questions with time limits. Get used to the pressure. This leads to a 'conditioned response' if done regularly in the run up to exams
- Bear in mind an error does not count unless it is in the examination.
- And even then, are you aiming for full marks??

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- <http://www.youtube.com/watch?v=GMjmhF5320>

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- <http://www.youtube.com/watch?v=wjh10kj9Y64>

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