

**Performance Assessment Day Planner
Friday December 16, 2016**

Session	Length	Location
1 - 8:30-9:00		
2 - 9:05-9:35		
3 - 9:40-10:10		
4 - 10:15-10:45		
5 - 10:50-11:20		
6 - 11:25-11:55		
7 - 12:00-12:30		
8 - 12:35-1:05		
9 - 1:10-1:40		
10 - 1:45-2:15		
11 - 2:20-2:50		

All teachers are here all day. If they are not in a review session, they are available for an open lab.

**Finals Schedule
Monday December 19, 2016**

Course	Time	Location
	8:15-9:15	
	9:30-10:30	

Tuesday December 20, 2016

Course	Time	Location
	8:15-9:15	
	9:30-11:00	

Wednesday December 21, 2016

Course	Time	Location
	8:15-9:45	
	10:00-11:00	

Exam Study Tips

- 1. Give yourself enough time to study** - Last-minute 'cramming' is not the best way to approach an exam.
- 2. Organize your study space** - Make sure you have enough space to spread your textbooks and notes out. Have you got enough light? Is your chair comfortable? PUT YOUR PHONE AWAY!
- 3. Use flow charts and diagrams** - Visual aids can be really helpful when revising. At the start of a topic, challenge yourself to write down everything you already know about a topic - and then highlight where the gaps lie. Closer to the exam, condense your revision notes into one-page diagrams.
- 4. Practice on old exams** - Don't forget to look over your old LAPs as well for a review of all the information.
- 5. Explain your answers to others** - Parents and little brothers and sisters don't have to be annoying around exam time! Use them to your advantage. Explain an answer to a question to them. That will help you to get it clear in your head, and also to highlight any areas where you need more work.
- 6. Organize study groups with friends** - As long as you make sure you stay focused on the topic for an agreed amount of time, this can be one of the most effective ways to challenge yourself.
- 7. Take regular breaks** - While you may think it's best to study for as many hours as possible, this can actually be counterproductive. Take breaks as needed and join Ms. Banks for relaxation in the gym on PAD!
- 8. Snack on 'brain food'** - Keep your body and brain well-fuelled by choosing nutritious foods that have been proven to aid concentration and memory, such as fish, nuts, seeds, yogurt and blueberries. The same applies on exam day - eat a good meal before the test, based on foods that will provide a slow release of energy throughout. Sugar may seem appealing, but it won't help when your energy levels crash an hour or so later.
- 9. Plan your exam day** - Make sure you get everything ready well in advance of the exam such as pens, pencils, study guides, and calculators. Pack a healthy snack, too.
- 10. Drink plenty of water** - As a final tip, remember that being well hydrated is essential for your brain to work at its best. Make sure you keep drinking plenty of water throughout your revision, and also on the exam day.

Good luck!

