

# Exam Preparation Booklet



Name: \_\_\_\_\_

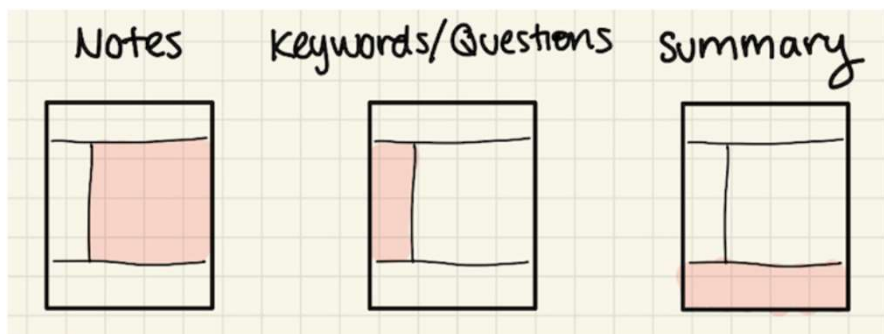
Form: \_\_\_\_\_ Form Tutor: \_\_\_\_\_

Subject	Target(s)	Done
Maths		
English Language		
English Literature		
Biology		
Chemistry		
Physics		

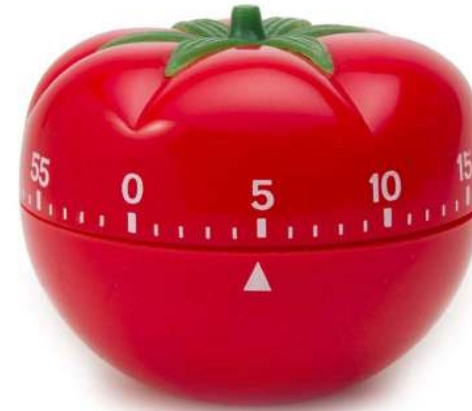
## Advice

1. Develop a **routine** and prioritise sleep
2. Adjust times for revision and test sessions around social time and down time and what works for you. Add in breaks.
3. Study smart (**get rid of distractions** such as phones and get 'in the zone')
4. Focus on high impact revision strategies (see below)
5. Aim for 2 hours a night and 4 hours on days off from school, but be realistic, you may need to start smaller and build up.
6. **Look after your wellbeing**, let people know if you need support and remember look after the ATL and the grades will look after themselves.
7. Have a growth mindset and be proud of **your best**
8. **Don't just read, knowledge recall is key.** Test yourself.

### Use the Cornell Notes method



### Try the Pomodoro Technique



## Warning

This guide does **not** include every exam. Exams before 12<sup>th</sup> May and after 13<sup>th</sup> June are **not** included. Language exams apart from French are **not** included. Please check with your teachers about speaking exams, and for Health & Social, Art, Food and DT exams

24<sup>th</sup> March



# SALE HIGH SCHOOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Lunch Session						9 – 10am		
						10 – 11am		
Period 6 / After school						11 – 12pm		
						12 – 1pm		
4 – 5pm						1 – 2pm		
						2 – 3pm		
5 – 6pm						3 – 4pm		
						4 – 5pm		
6 – 7pm						5 – 6pm		
						6 – 7pm		
7 – 8pm						7 – 8pm		

# 31<sup>st</sup> March



# SALE HIGH SCHOOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Lunch Session						9 – 10am		
Period 6 / After school						10 – 11am		
						11 – 12pm		
4 – 5pm						12 – 1pm		
						1 – 2pm		
5 – 6pm						2 – 3pm		
						3 – 4pm		
6 – 7pm						4 – 5pm		
						5 – 6pm		
7 – 8pm						6 – 7pm		
						7 – 8pm		

## 7<sup>th</sup> April - Easter Holidays



**SALE** HIGH SCHOOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 – 10am							
10 – 11am							
11 – 12pm							
12 – 1pm							
1 – 2pm							
2 – 3pm							
3 – 4pm							
4 – 5pm							
5 – 6pm							
6 – 7pm							
7 – 8pm							

# 14<sup>th</sup> April - Easter Holidays



**SALE** HIGH SCHOOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 – 10am							
10 – 11am							
11 – 12pm							
12 – 1pm							
1 – 2pm							
2 – 3pm							
3 – 4pm							
4 – 5pm							
5 – 6pm							
6 – 7pm							
7 – 8pm							

21<sup>st</sup> April



**SALE** HIGH SCHOOL

Time	Monday	Time	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
9 – 10am		Lunch Session						
10 – 11am		Period 6 / After school						
11 – 12pm								
12 – 1pm		4 – 5pm						
1 – 2pm		5 – 6pm						
2 – 3pm								
3 – 4pm		6 – 7pm						
4 – 5pm		7 – 8pm						
5 – 6pm								
6 – 7pm								
7 – 8pm								

28<sup>th</sup> April



**SALE** HIGH SCHOOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Lunch Session						9 – 10am		
Period 6 / After school						10 – 11am		
						11 – 12pm		
4 – 5pm						12 – 1pm		
						1 – 2pm		
5 – 6pm						2 – 3pm		
						3 – 4pm		
6 – 7pm						4 – 5pm		
						5 – 6pm		
7 – 8pm						6 – 7pm		
						7 – 8pm		

5<sup>th</sup> May



SALE HIGH SCHOOL

Time	Monday	Time	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
9 – 10am		Lunch Session						
10 – 11am		Period 6 / After school						
11 – 12pm								
12 – 1pm		4 – 5pm						
1 – 2pm		5 – 6pm						
2 – 3pm								
3 – 4pm		6 – 7pm						
4 – 5pm		7 – 8pm						
5 – 6pm								
6 – 7pm								
7 – 8pm								

12<sup>th</sup> May



**SALE** HIGH SCHOOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Booster	English		Geography	Maths	History
Morning Exam	English		Geography	Maths	History
Period 3 Booster	Comp Sci	Biology			
Afternoon Exam	Comp Sci	Biology			
After school Session					
4 – 5pm					
5 – 6pm					
6 – 7pm					
7 – 8pm					

Time	Saturday	Sunday
9 – 10am		
10 – 11am		
11 – 12pm		
12 – 1pm		
1 – 2pm		
2 – 3pm		
3 – 4pm		
4 – 5pm		
5 – 6pm		
6 – 7pm		
7 – 8pm		

19<sup>th</sup> May



**SALE** HIGH SCHOOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Booster	Chem	English	French	Physics	English
Morning Exam	Chem	English	French	Physics	English
Period 3 Booster	Food/PE	Comp Sci			
Afternoon Exam	Food/PE	Comp Sci			
After school Session					
4 – 5pm					
5 – 6pm					
6 – 7pm					
7 – 8pm					

Time	Saturday	Sunday
9 – 10am		
10 – 11am		
11 – 12pm		
12 – 1pm		
1 – 2pm		
2 – 3pm		
3 – 4pm		
4 – 5pm		
5 – 6pm		
6 – 7pm		
7 – 8pm		

# 26<sup>th</sup> May - Summer Half Term



**SALE** HIGH SCHOOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 – 10am							
10 – 11am							
11 – 12pm							
12 – 1pm							
1 – 2pm							
2 – 3pm							
3 – 4pm							
4 – 5pm							
5 – 6pm							
6 – 7pm							
7 – 8pm							

2<sup>nd</sup> June



**SALE** HIGH SCHOOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Booster			Maths	History	English
Morning Exam			Maths	History	English
Period 3 Booster				French	Geog
Afternoon Exam				French	Geog
After school Session					
4 – 5pm					
5 – 6pm					
6 – 7pm					
7 – 8pm					

Time	Saturday	Sunday
9 – 10am		
10 – 11am		
11 – 12pm		
12 – 1pm		
1 – 2pm		
2 – 3pm		
3 – 4pm		
4 – 5pm		
5 – 6pm		
6 – 7pm		
7 – 8pm		

9<sup>th</sup> June



**SALE** HIGH SCHOOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Booster	Biology		Maths	Geog	Chem
Morning Exam	Biology		Maths	Geog	Chem
Period 3 Booster	PE			Further Maths	
Afternoon Exam	PE			Further Maths	
After school Session					
4 – 5pm					
5 – 6pm					
6 – 7pm					
7 – 8pm					

Time	Saturday	Sunday
9 – 10am		
10 – 11am		
11 – 12pm		
12 – 1pm		
1 – 2pm		
2 – 3pm		
3 – 4pm		
4 – 5pm		
5 – 6pm		
6 – 7pm		
7 – 8pm		