

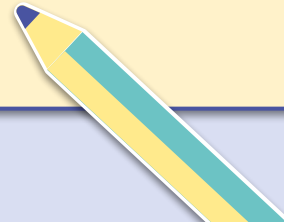


PCHS PRESENTS:

Cocoa and Cram

Your Guide to a Successful Exam Season

Don't Worry, You've Got This!



What is Cocoa and Cram About?



We know exams can be quite stressful, especially after everything that has happened with COVID. Luckily, PCHS Student Council Leaders have come up with some tips and tricks to help you get through your first exam season! With the holidays coming up, it is the perfect time to review for your upcoming exams! We hope you can use some of what we share in this presentation to help you review over the break!

Here is what we will be going through in this presentation:

What is an Exam?	How is an exam any different from a test?
Study Strategies	How do you study for exams?
Stress Management	How do you cope with exam stress?
Exam Day	How do I take an exam?
Q&A	Answering any questions you may have, extra exam information.

What is an Exam?



Exams are nothing more than big unit tests. Each grade 9 or 10 exam is only 90 minutes long, which is only 15 minutes longer than class.

Proper preparation is key for success. Exams will be based on learning from past assessments – tests, assignments, essays. Review vocabulary of each unit. Review all past unit reviews.

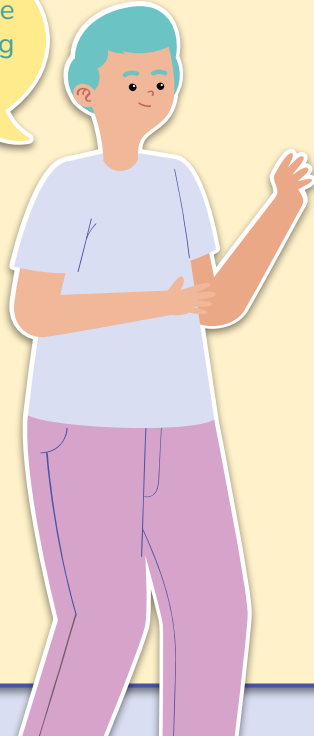
EXAMS make up anywhere from 10-20% of your final mark...they can make a difference between pass and fail or between 50's and 60's or 70's to 80's.

Exam Preparation



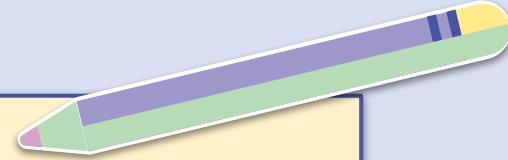
STUDYING TIPS

What are some good reviewing strategies?



The first step to tackle is your studying skills. An exam is just like a final test, but instead of focusing on one unit, it includes everything that you have learnt throughout the course. Although this seems a little intimidating, with the right studying habits, you'll be more than prepared to write any of your exams!

Tools to Use



Quizlet/Flashcards

Find a Quizlet or create your own flashcards to help you memorize important definitions, examples, or anything pertaining to your course that you want to review!

Agenda

Your agenda can be a very useful tool: use the calendar to mark important dates during exam season, make to-do lists for each day and you could even create a weekly study schedule!

Practice Tests

Find some practice tests online or do the practice tests in your textbook to help refresh your knowledge. You could also make your own practice exam by putting together some previous tests. Try timing yourself for an extra challenge, which will help you with your time management!

Study Guide

Find all the important topics from each unit and make an organized study guide (try using Cornell Style notes, making note of the key words, main points, and any questions you may have).



Cornell Notes

Name _____
Date _____
Class _____
Period _____

• Main Idea	• Key words & ideas
• Key	• Important dates/people/places
Question	• Repeated/Stressed Info
(after notes are completed)	• Ideas/brainstorming written on board / overhead projector
	• Info from textbook/stories
	• Diagrams & Pictures
	• Formulas

Summary of your notes in your own words

Example of Cornell Style Notes

This is just a suggestion, feel free to take notes in a style most suitable to YOU!

Other Useful Strategies



SQ3R

- **S**urvey – get the best overall picture of what you're going to study before you do it
- **Q**uestion – ask questions to reinforce your own learning
- **R**ead – actively read over the material and be alert to main ideas, bolded terms, and key understandings and details
- **R**ecite – recalling and then orally or through writing communicating the information – make connections
- **R**everview – re-reading, summarizing key points, testing yourself, asking final questions

Memorization Strategies

- Acronym: ex: PMAT for phases of mitosis (Prophase, Metaphase, Anaphase, Telophase)
- Acrostic: i.e. Please Excuse My Dear Aunt Sally stands for the order of operations in math (Parentheses, Exponents, Multiplication, Division, Addition, Subtraction)
- Rhyme Keys: memorize key words that can be associated with numbers, example- bun = one, two = shoe, three = tree etc. Then come up with visuals to remember a list, ex: Cheese on a bun, a cow with shoes on etc.)
- Method of Loci: imagining a list of items in a location you are familiar with and the events that are taking place
- Chaining: creating a story where each word or idea you have to remember cues the next idea you have to recall – ex: a story where a character in a Shakespeare play bumps into four other characters as he goes for a walk

My Exam Review Checklist:

Here is a checklist that you can use, with some of the studying tools and strategies we talked about and some new strategies, to help you review for the exam!

Studying Strategies	What should I do?
<u>Passive Strategies</u> (use occasionally)	<input type="checkbox"/> Reread text <input type="checkbox"/> Reread notes <input type="checkbox"/> Highlight notes/text <input type="checkbox"/> Read study guide <input type="checkbox"/> Rewrite notes <input type="checkbox"/> Read/watch Spark Notes, Khan Academy, etc.
<u>Active Strategies</u> (use more often)	<input type="checkbox"/> Make study guide <input type="checkbox"/> Make flashcards <input type="checkbox"/> Make concept maps <input type="checkbox"/> Organize notes <input type="checkbox"/> Complete review packet <input type="checkbox"/> Attend review session or study group
<u>Active Strategies with Feedback</u> (use the most!)	<input type="checkbox"/> Quiz myself with Quizlet/study guide/flash cards <input type="checkbox"/> Take practice test Redo old tests or homework <input type="checkbox"/> Have someone else quiz me <input type="checkbox"/> Complete review packet <input type="checkbox"/> Meet 1:1 with teacher

Some Tricks!

Here are some tricks that will help enhance your studying experience!

1

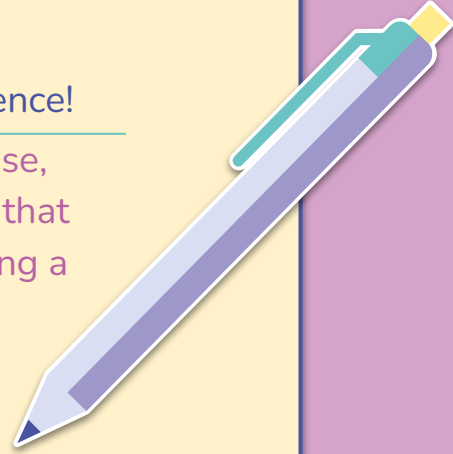
Eliminate distractions: Leave your phone on a different level of the house, hide the TV remote, put your phone on airplane mode, put the devices that get notifications on Do Not Disturb and don't look at it until you're taking a break.

2

Take breaks: Don't overwork yourself, make sure you are taking breaks in between your studying sessions. Study in short bursts (Maybe 3:1 work to break ratio?).

3

Good School Supplies and Studying Space: Use different coloured pens to colour code different parts of your notes (ex. Red for formulas, blue for examples, black for concepts). When studying, keep your workspace clear! Free of anything you don't need! Make sure it is nice and quiet so you can focus!





Don't Stress!

Exams can be scary, especially since this is your first set of exams in high school! Luckily, we have some tips to help you manage your stress, maintain your mental health and maximize your self care!

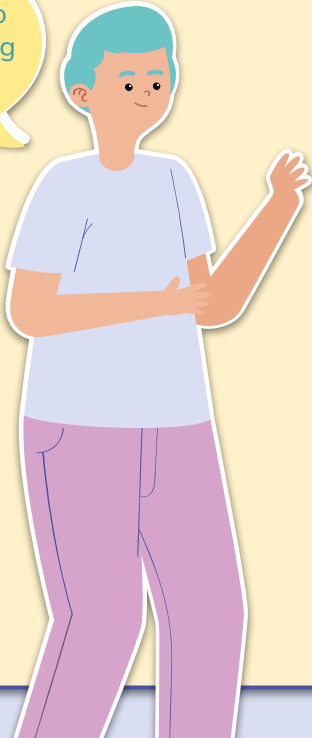


Exam Preparation



STRESS MANAGEMENT

What can I do to calm down during exam season?



Now that you know how to study, it's time to go over some effective strategies to minimize stress!

Managing stress is important for your mental wellbeing, but it is also crucial for your exam performance!

Diet

MAINTAIN A WELL-BALANCED DIET



During the break (and even when its not the break!) it can be difficult to eat healthy, nourishing meals – especially if you're at social gatherings.

However, if you don't fuel your body with food that is nourishing, it can cause you to experience things like anxiety or fatigue.

Try to be mindful of what you eat, and try to eat healthy most of the time. That doesn't mean you can't treat yourself once in a while - after all, we can all use a few treats here and there :)



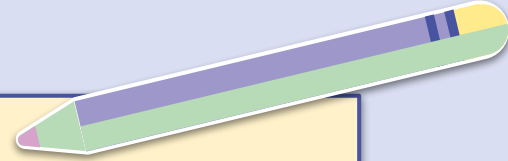
Sleep

CREATE A HEALTHY SLEEP ROUTINE

When we are on holidays, we have the tendency to stay up later than usual and sleep in much more than we usually do. This can confuse the body and interfere with the sleep cycle.

It's important during the break to keep a regular sleep routine similar to the one you followed before the break. OR, if you didn't have good sleep habits before, this is a good time to create a new, healthy routine:

Go to bed and wake up at a usual time, and get close to the same hours of sleep each night. Too little sleep can interfere with our ability to concentrate, while getting too much sleep can make you feel more tired. Avoid electronics an hour before bedtime.





Exercise

FIND TIME FOR EXERCISE

Making time for exercise can be difficult, especially during the holidays; however, it is crucial for maintaining a healthy body and mind.

Simply taking 20 minutes in a day to go for a walk or complete a yoga video can have a significant impact. Although it can be a pain to exercise, it will make you feel energized and satisfied afterwards.

Consider trying out for a sports team, getting involved in an intramural or joining the strength training club here at P.C.H.S to kick start a healthy new routine!



Time Management

MAKE PLANS, SET SCHEDULES AND GET ORGANIZED

Keep a regular routine - Most people find that having a regular routine or schedule can help keep them stay organized and less anxious.



Stay organized - Set daily goals of what you need to get done each day based on its rank of priority. Break the tasks into chunks, rather than trying to get through everything all at once.

Try to aim to complete only a few goals each day, and then think about whether or not they are realistic to meet considering your daily routine and work schedule for the day.

Remember to keep the goals simple, and ask for help if it's too much for you to handle on your own. Seek support if you need it – don't ignore your feelings.

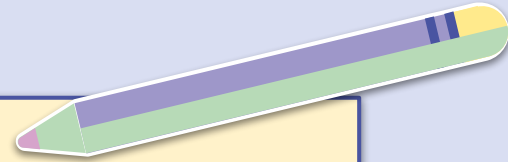


Relax and Enjoy!

TAKE TIME FOR YOURSELF

In order to take care of others, you need to take of yourself first. In other words, you need to take time for yourself to relax and rejuvenate. For example, do an activity that makes you feel happy, such as shopping, sewing, or baking, or a calming activity such as mindfulness, yoga, or running.

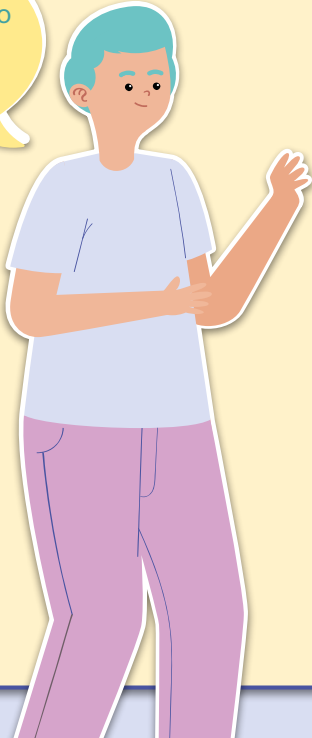
Have fun! - The holidays are meant to be a joyous time of year, regardless of the anxiety and stress that it can cause. Enjoy the moments you spend with your friends and family, and have a blast while you are with them.



Exam Preparation



What should I do
the day of an
exam?



EXAM TIME!

We have gone over various study tips and stress coping strategies that you can try before exams, now let's talk more about what to do on the day of your exam!

Exam Day Timeline



Night Before Exam

Studying right up until the last minute increases your anxiety and will impair your ability to sleep. Go over main ideas or concepts in the material and think about how you will approach the exam and what you will do when you run into trouble. Make sure you are well rested!

On Your Way to Write Exam

Get into the right head space, stay away from other stressed-out students who might get you worried. Try to avoid last-minute review, unless absolutely necessary. Maintain a positive attitude!

Morning of Exam

Wake up at a reasonable time so you can get ready at a leisurely pace and have a nutritious breakfast.

During Exam

Take a deep breath, and get started! During the exam, don't stop writing! You lose focus and lose track of time!

Exam Strategies

Here are a few more tips for specific questions on your exam:

1

True and False Questions: Read the statement carefully. For a statement to be true, every part of it must be true. Be cautious of the words ALWAYS and NEVER in a statement! 'Absolutes' are often incorrect answers.

2

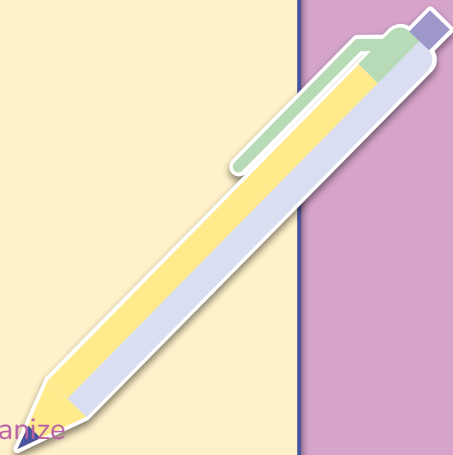
Multiple Choice Questions: Hide the answers and answer the question without looking at any of the options. Then look for your answer. Read the STEM of the question with each of the possible answers. If you are not sure of an answer, eliminate the choices you know are incorrect by crossing them out, and then make an educated guess.

3

Essay Questions: Start with the question you know most about! First brainstorm, then organize information. Be neat and write in complete sentences. Paragraph One - state the question and tell the reader what they can expect to learn from the essay. Middle Paragraphs - present examples, details, evidence, and facts to support the points you are making. Final Paragraph- restate your position along with a quick summary.

4

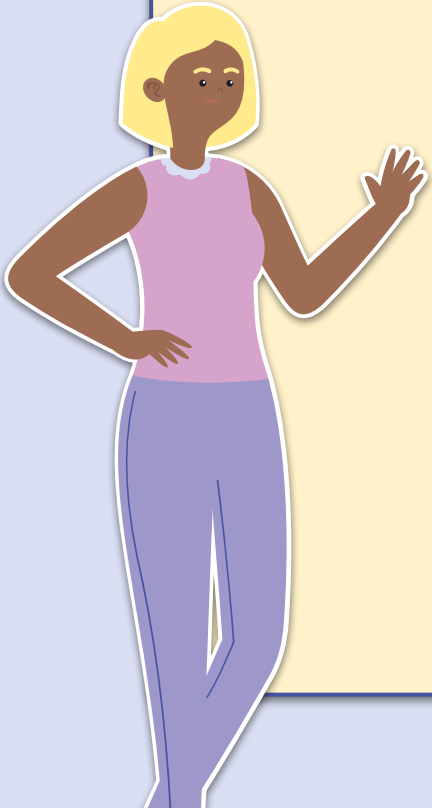
Short Answers: Keep your answer simple and to the point. Do not re-state the question! Be neat and write in complete sentences. Use the marks allotted as a guide to how many valid points you need to include in your answer!



Important Information for Students


ON EXAM DAY:

- if you miss an exam for any reason, the attendance office must be notified; illness must be accompanied by a medical note; emergencies must be accompanied by a phone call and a legitimate note must follow
- lockers may not be accessed during exam times; students must stay out of the hallways during all scheduled exam times
- it is your responsibility to arrive on time, be prepared, and to be in the right place for your exam
- if you do not have a class in the period being examined, you must still be here.
- after each exam, you are asked to leave the building unless you have a scheduled appointment with a teacher; if there are extenuating circumstances, please see your VP.
- if you are here for extra help on a non-exam day, you must be in uniform
- all texts must be returned on/before the day of the exam





If you have any questions or need extra support:

- Ask your teachers for tips in their area of expertise.
 - Come to the Resource Room (321) during your lunch period as often as you like to get help with getting organized, study strategies, help getting caught up in your classes.
 - Talk to your Guidance Counsellor and / or Student Success Teacher.
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Any Questions?





Thank You For Listening!

All the best on your exams, and remember:



Work Hard!

Be Positive!

Try Your Best!