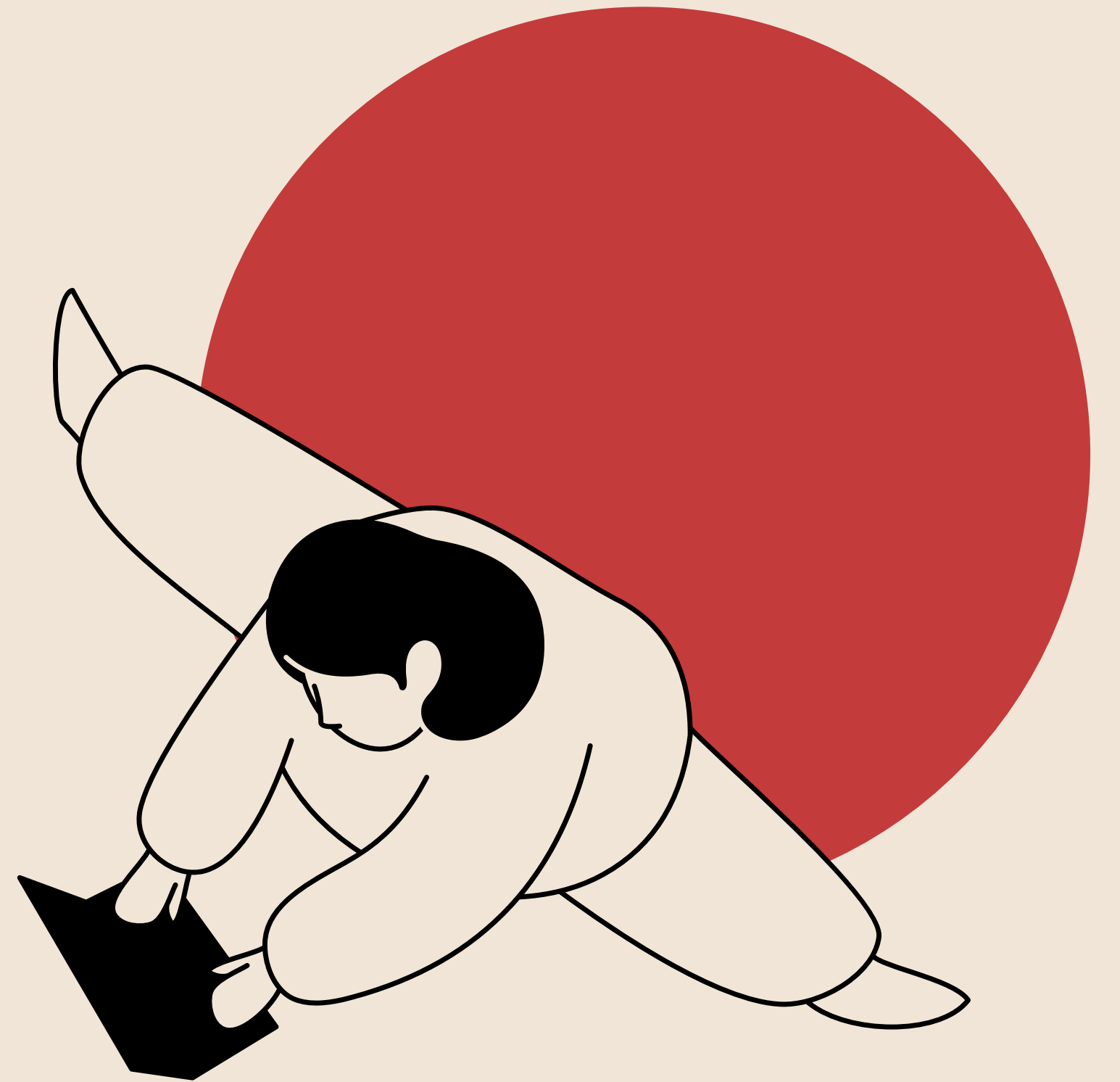


Preparation before iGCSE and IB exams



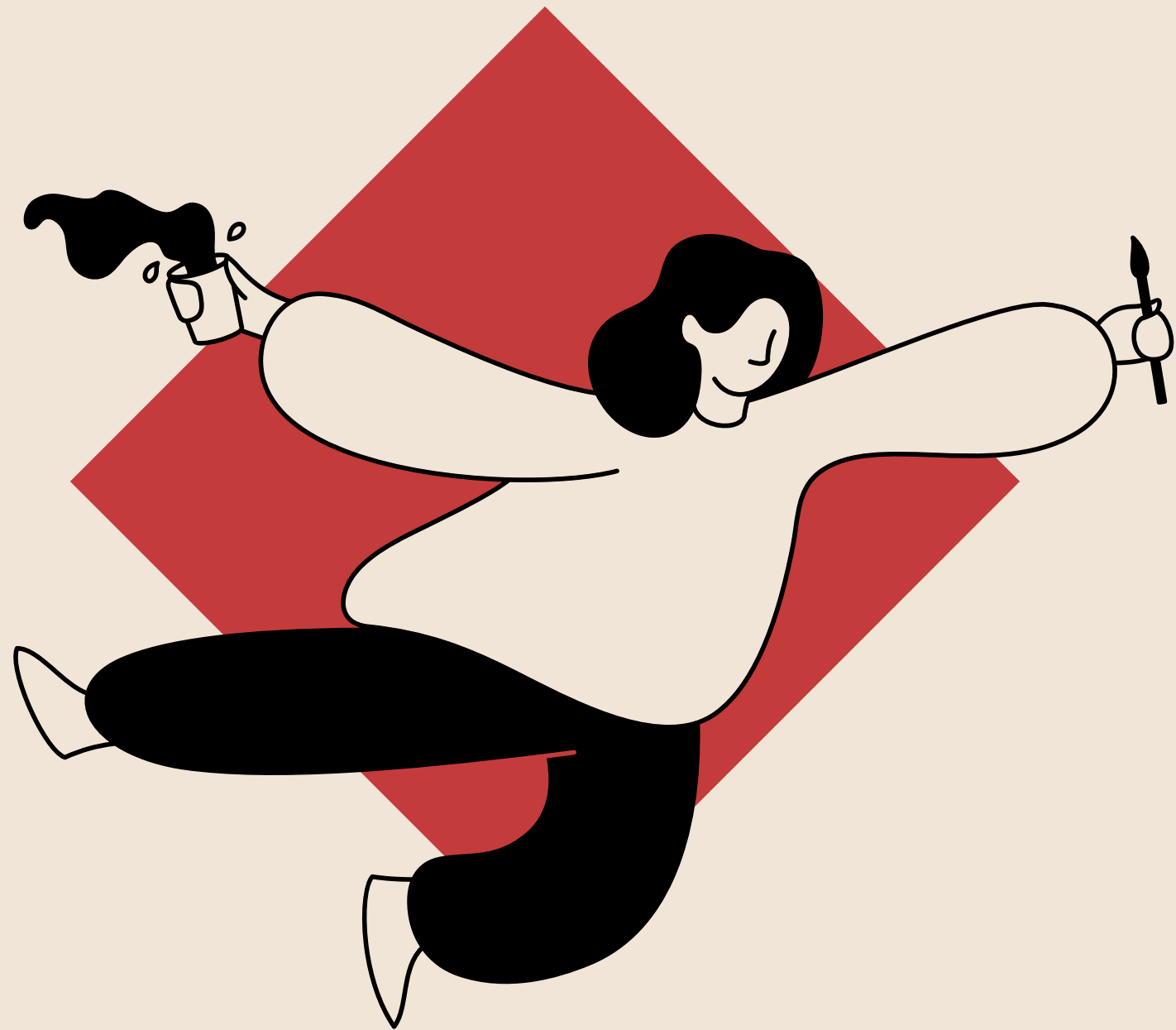
01.

Coordinate well with yourself and your family members

Follow the revision plans, and have a chat with your family members, e.g. a quiet space, sharing time.

Build a revision workflow that works best for yourself and your family to avoid conflicts at home.





02.

Identify your study style

Are you a visual, auditory, reading, writing, or kinesthetic learner?

Choose your own style.

“

Everyone is unique.
Support your studying journey
at home

03.

Set a revision schedule for the day

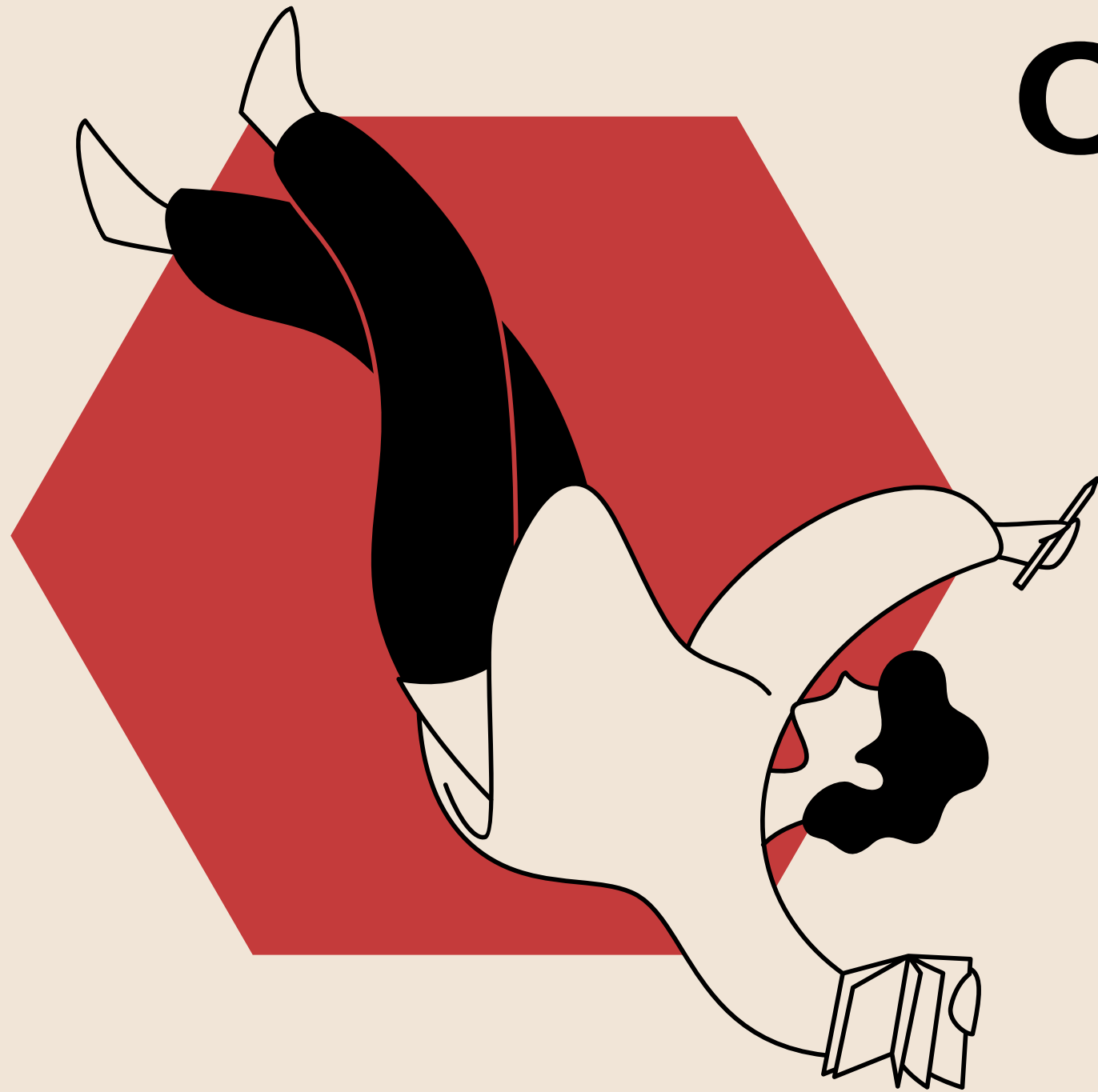
Follow the set schedule with break time in between



Depending on what you set up, go for a time that is consistent every day. It's a good way to instill a healthy studying habit.

You can set study time every day, e.g. from 9 am to 10 am with a break in between. If you realize that concentration is an issue, every 30 minutes of study may take a short break.





04.

Be flexible for any changes

Even if you have study plans and consistent study schedules, pandemic is a new scenario for many.

Don't be too hard on yourself. Allow yourself to adjust.

05. Lean in to your natural interests

Make exam revision plan fun by infusing study with things that make you happy, e.g. a cup of tea, do your hobby during the long break of the day





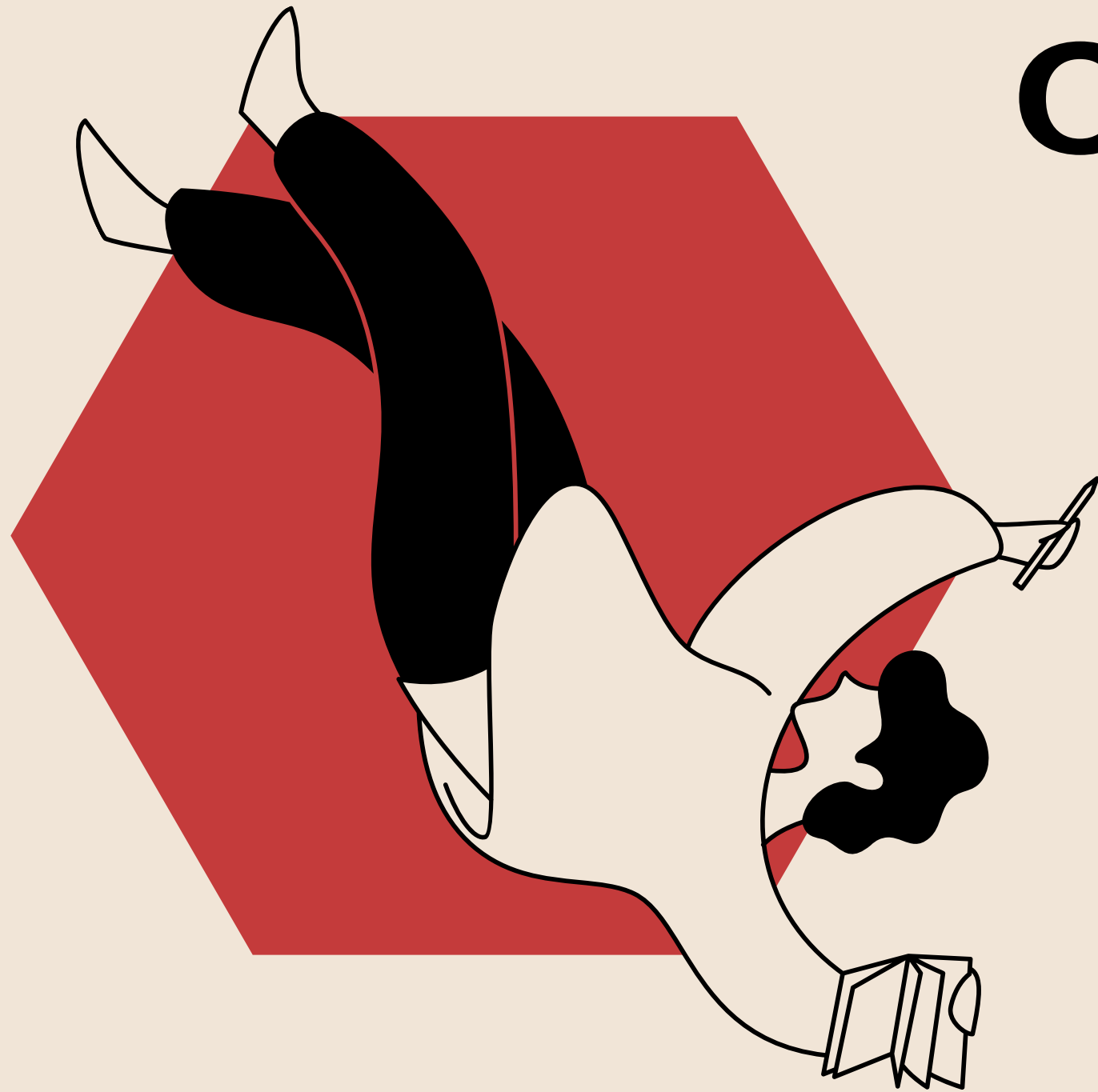
06. **Get help from peers and teachers**

Talk to your classmates or teachers when you encounter any difficult topics. Form a peer study group may facilitate the study motivation and efficacy.

There are different studying techniques. Choose the one that suits you most.

Take advantage of any study skills before exams available to you to make revision manageable on your end.





07.

Healthy sleep routine

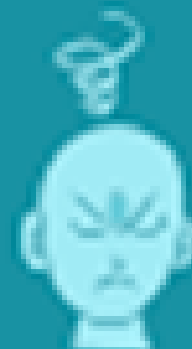
Sufficient sleep helps consolidating short-term memories into long-term memories that are available to be recalled at a later time.

Plan bedtime in advance.

Common Sleep Deprivation Symptoms



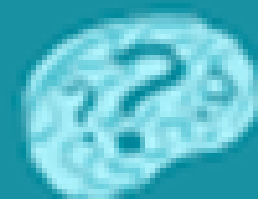
fatigue



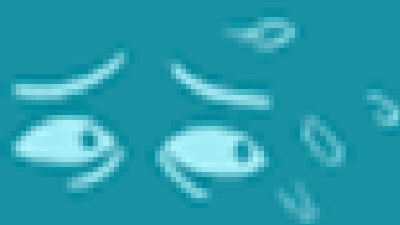
mood changes



difficulty concentrating



memory problems



paranoia



hallucinations



08. More tips to share

Self-care is important.



Self-care means self-love

Checklist for students to prioritise self-care
before and during exams.



- **Forget about past results**
- **Unplug from social media**
- **Set a balanced schedule to include physical and mental wellbeing**
- **Communicate your stress or feelings with your trusted one**
- **Set yourself rewards**
- **Think positively**
- **Spend time on and relax with a hobby**



Feel free to contact Student Support Services on student.support@kgv.edu.hk if you face any stress or if you would like to talk to someone.



