

TEEN EXAM SURVIVAL

checklist

Name: _____

Exam week: _____

Before revision starts

- ☐ Write down exam dates in one place
- ☐ Break subjects into smaller topics
- ☐ Make a realistic weekly revision plan
- ☐ Gather notes, textbooks and past papers
- ☐ Highlight tricky topics to ask for help with

Exam day bag

- ☐ Black pens and spare pens
- ☐ Pencils, ruler, rubber and sharpener
- ☐ Calculator if allowed
- ☐ Clear pencil case
- ☐ Water bottle and tissues

Weekly routine

- ☐ Plan short revision blocks with breaks
- ☐ Use active recall, not just reading notes
- ☐ Do one past paper or practice question set
- ☐ Keep water and snacks nearby
- ☐ Tick off one small win each day

Night before

- ☐ Check start time and room if known
- ☐ Put ID, timetable and equipment together
- ☐ Do a light recap only - no cram spiral
- ☐ Charge phone away from the bed
- ☐ Set an alarm with enough time to breathe

Keep calm basics

- ☐ Get clothes and bag ready the night before
- ☐ Avoid last-minute panic scrolling
- ☐ Aim for a decent bedtime
- ☐ Use a quick breathing reset if needed
- ☐ Remember: one exam does not define everything

Notes / reminders

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