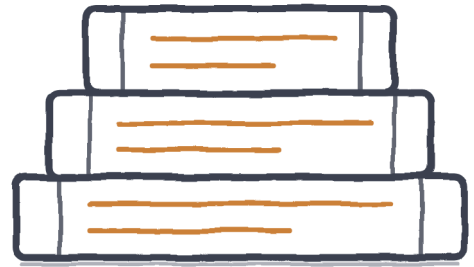


FACT SHEET • COLLEGE

Helping Your Young Person Prepare for Exams

By college, exams carry more weight than ever before, and the revision habits that got your young person through school do not scale up to college level exams. Timetables get longer, content increases, and the temptation is to revise everything at once. A few small shifts in how they prepare make a real difference. Here is where to start.

**TIP 1****Help them plan backwards**

Start from the exam date and work back, marking out what needs covering each week. A rough plan beats no plan, even if it changes as they go.

TIP 2**Encourage short, focused sessions**

Revising for hours in one sitting rarely works. Suggest revising one topic and then a proper break. It is the quality of attention that counts, not the hours logged.

TIP 3**Practise the way they'll be tested**

Reading notes feels like revision but does not prepare anyone for an exam paper. Past papers and timed questions, even a few, teach more than another read-through.

TIP 4**Watch for revision as avoidance**

Endless colour-coding and rewriting notes can be a way of feeling busy without engaging with the hard bits. Ask what they are actually finding difficult.

TIP 5**Protect the days before**

The final 48 hours are for consolidation and rest, not cramming new material. A calm evening before an exam often counts for more than a late one.