

Leaving Cert Examination

The Big Day

- Part of being prepared is making sure you get an adequate sleep the night before and eat a good breakfast on the morning. It is not a good idea to study late on the night before an exam. This along with lack of food will result on reduced energy levels and poor performance.
- Be sure to check out and gather up all equipment in advance. Do you need a calculator? Have you enough pens? You may not be allowed to borrow during the exam so to avoid the hassle and stress of that bring all you need with you. You may find it helpful to make out a check list and tick things off as you go along.
- Put a copy of your exam timetable up at home in the kitchen where another adult can double check what's on each day and what time you need to be in school.
- Cut down on frayed nerves by ensuring you arrive well ahead of time. Particularly on the first day so you can locate your centre/seat in the hall. But remember you may be moved to other centres depending on the subject. When you get to school stay calm and relaxed – no 'drama queens' or 'exam crowd'.
- Never take anything to "calm you down" or to "keep you alert" Despite what other people may tell
- You are only allowed to bring a bottle of water into the exam with you – no other food or drink permitted and keep the water on the floor. Keep drinking water to a minimum.

During the exam

Know before you go into the exam how many questions and what sections you have to answer. Be fully aware of any compulsory questions. It is too late in the exam itself to be trying to figure out complicated instructions.

Know how much time you have for each question and try to keep to it as much as possible. Be prepared to lose or gain a bit of time on some questions. |If you are running out of time, complete the question as bullet points as very often marks are going specifically for key words and key concepts. You will also show the examiner that you had more to offer.

When you get the paper read it over quickly and if possible, decide which questions you are going to answer. This lets your inner mind think about them as you answer others. Start with your best question, as this gets the examiner rooting for you to begin with.

If you feel anxious during the exam, lean back and take a few deep breaths. If you get bogged down in a question, leave it to come back to and do another of your choice questions. Often when you come back you will see things more clearly.

Leave a large gap – ½ page or so after you long questions in case you want to add to it afterwards.

Remember to ask the question you are asked.

Once the exam is over move on! There's nothing you can do about it except wait for your results.

THE VERY BEST OF LUCK!