

Ronnie's top tips for the exam season

Hey everyone, as the exam season is slowly approaching, here are my top tips to ace your A levels from my experience!

1. Be Proactive and Ask for Help

Don't wait to fall behind—go to your teachers for extra help and support. They *want* to help you, that's their job! They are paid to do that, so don't feel bad asking your questions, as getting clarity early can save you from last-minute panic. This really helped me as it gave me quick direct help with the areas that I was stuck with.



2. Stick to a Realistic Timetable

A clear study schedule keeps you on track and helps balance your subjects. It also gives structure to your day, making study sessions more focused. Therefore, I recommend that you create your own timetable on what to complete each day as it will give you a sense of achievement plus actual learning done.



3. Plan Effective Rest Periods

Burnout are real! Overworking yourself especially near the exams is not a good idea as it may cause you to get overwhelmed or even sick. Taking proper breaks will make your study time more effective. Don't feel guilty about rest—it's part of the process.

Think about how you currently switch off – is it sports or a hobby? Hanging out with friends or family? Getting outside for a walk?

For shorter breaks you could get up and have a conversation with someone or make a hot drink. A common mindfulness technique for a brain break is listening to x2 songs you enjoy – don't do anything else, just listen to the music!



4. Destroy Procrastination Early

Procrastination is your biggest enemy. Getting started, even if imperfectly, always beat putting things off. Just get started so you can ask for help in areas you are stuck the most. Therefore, solving the problem before it's too late.

Phones and laptops can support learning, but they can also create lots of distractions. Try using airplane mode or planning some revision activities where you can put your laptop and phone away.



5. Practice is Everything

I particularly found Maths the toughest subject, but doing *all* the past papers and using YouTube tutorials (especially from Mr. Hassan!) was a game changer. Active learning like this sticks much more than just re-reading notes. So, my biggest recommendation for all subjects is to do all the past papers available. Examine the marks scheme so you know exactly how to answer the questions in the exam boards format. This is the closest revision you can get to the actual exam paper.



Best of luck for your exams. Rest well, don't stress and I am sure to see all of you in campus very soon!