



**BT YOUNG SCIENTIST
& TECHNOLOGY** Exhibition

Some hints and tips for Leaving Cert final prep and exams

Review the Exam Timetable:

Familiarise yourself with the exam dates and times to plan your final week of revision based on exam dates and times. You can find the official timetables [here](#).

Practice with Past Papers:

Time yourself with past exam questions to improve your speed and accuracy. In advance, if you can, allocate time for each question or section and stick to the schedule, even if unfinished questions arise.

Organise Your Study Space:

Ensure you have a quiet, comfortable, and well-lit area to study, with all necessary materials at hand. For your exams gather comfortable writing tools, your calculator, along with water and snacks.

Prioritise Subjects:

Focus on subjects that need the most attention or carry the most weight in your overall grade. Create or review summary notes for quick recall of key facts and concepts.

Stay Healthy:

Maintain a balanced diet, stay hydrated, and get regular exercise to keep your mind and body in good condition and get adequate sleep aim for 7-9 hours of sleep each night to ensure you're well-rested and alert.

Take Regular Breaks:

Follow the 50/10 Rule for study sessions—study for 50 minutes and take a 10-minute break to recharge.

Avoid Cramming:

Instead of trying to learn new information, focus on reviewing and reinforcing what you already know.

On Exam Day:

Allow plenty of time to get ready and reach the exam centre. Read the entire exam paper before starting. Begin with your strongest areas to build confidence. Prioritise questions with higher mark allocations.

Stay Positive:

Keep a positive mindset, approach each exam with positivity and confidence. And remember to breathe and stay calm. Confidence can make a significant difference in your performance. Also do not spend too much time analysing papers you have completed, focus on the ones that are remaining. Remember, the Leaving Certificate is just one step on your journey.