

# Exam Busters

Empower students to tackle their GCSE or Nationals exams with confidence and positivity and ease exam stress with effective tools and techniques.



## Workshop description

Exam Busters is an inspiring, intensive and interactive workshop that offers practical exam preparation advice, revision techniques and stress management tools. Students leave feeling empowered to take control of their exam experience and drive their own success.

**Exam Busters can be delivered in both English and Welsh.**



## Benefits

Don't be fooled by the name. Exam Busters teaches skills that can be used all year round – not just during the exam periods.

Students will leave the Exam Busters workshop feeling energised and enthusiastic. Our practical tools will make students better prepared to handle their workload, remember facts, retain information, overcome mental blocks, and manage time in exams. This course also teaches wider life skills such as preparation, relaxation, stress reduction and organisation, and supports mental and physical wellbeing.

We usually run Exam Busters workshops from Year 8, but the course is useful for students of all ages. We suggest starting the course as early in the academic year as possible to give students time to embed these skills and reduce the pressure they may feel as exams approach.

The course can also support students who need help with:

- Improving learning skills
- Wider exam support
- Gaining confidence to aspire higher
- Preparing themselves mentally and physically for exams (especially in Key Stage 4 and above) to alleviate exam stress

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## Content

This workshop aligns with Gatsby benchmarks for career guidance, the Ofsted three 'I's (intent, implementation and impact) and the NERUPI framework.

Exam Busters covers a range of content, including:

- The RICE exam system for answering exam questions
- Past paper challenge
- Managing time in an exam
- Secrets of a successful memory
- Metacognition
- Overcoming mental blocks
- Dual coding

Techniques include:

- Sticky note snap
- Flashcards
- Cheat/CRIB sheet
- The Leitner System



## Aims

- To stimulate and grow a positive attitude towards learning and exams
- To reduce exam stress
- To upskill students with effective memory techniques
- To provide a comprehensive exam toolkit



## Practicalities

We recommend sitting students at tables of four to six, making sure all students are facing the presenter. Alternatively, students can be sat in rows.

Ideally, the workshop should be delivered through two two-hour sessions, three 80-minute sessions or four one-hour sessions. We recommend no more than 100 students in each workshop, with a maximum of 300 students attending in a day.

For over 20 years, Positively You has developed a formidable reputation in the education market place as one of the UK's leading training providers. We provide student workshops, Continual Professional Development for teachers, parent workshops and supportive resources.