

# Night Before Checklist

## Pack your transparent pencil case

Include 2+ black pens, a pencil, ruler, eraser, sharpener, and a scientific calculator.

## Double-check exam time and location

Know exactly when to arrive, where the exam is, and how long it lasts. Being prepared prevents last-minute stress.

## Set an alarm (and a backup!)

Use a phone alarm and, if possible, a second alarm (e.g., on a parent's phone or a clock) to make sure you don't oversleep.

## Prepare clothing

If you have to wear school uniform, lay it out. If not, choose layers - exam rooms can be too hot or cold.

## Pack a bottle of water

Staying hydrated helps brain function. Use a clear plastic bottle with no label.

## Eat a proper evening meal

Don't skip dinner - your body and brain need energy to focus.

## Switch off screens one hour before sleep

Blue light from screens affects sleep quality. Try reading or listening to music instead.

## Plan for 8 hours of sleep

Getting enough rest helps memory and focus. Aim for 7-9 hours of sleep.

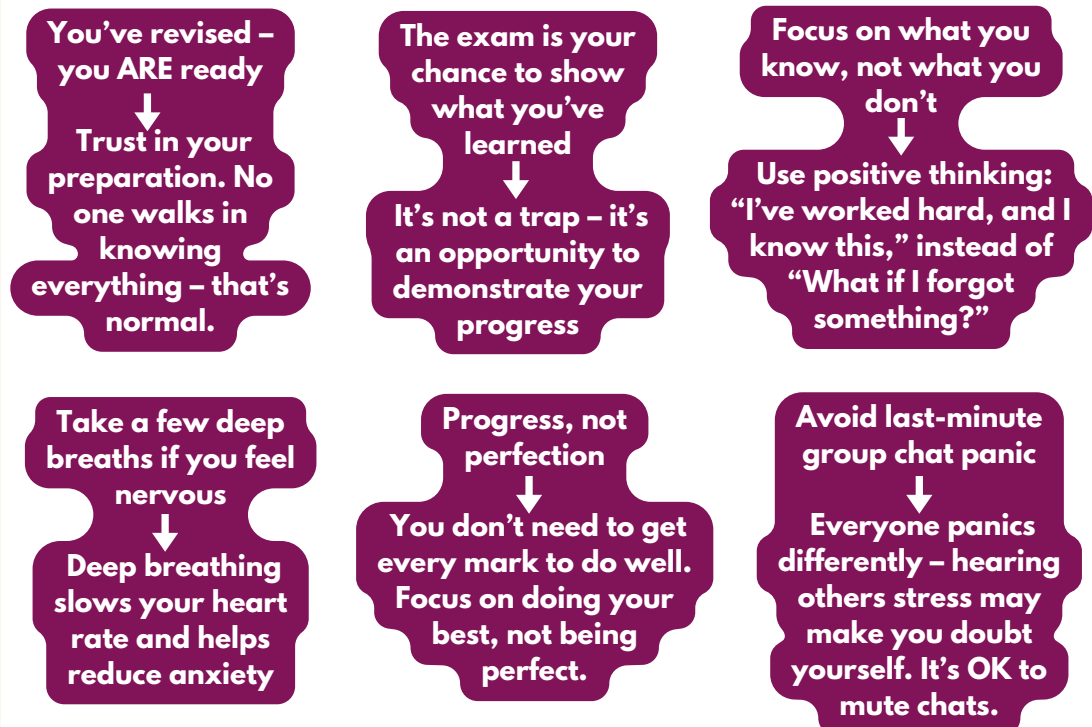
## Light Revision

Revision should be light-touch to avoid stress and help consolidate knowledge. Here are a few suggestions (you don't need to try them all!):

Skim over summary notes or cheat sheets	Revisit key concepts, keywords, and summaries for Biology, Chemistry, and Physics. Classroom 42's Cheat Sheets are a good place to start. Briefly focus on weak areas.
Review key equations	Especially Physics units - you receive equations, but not units. Write them out a few times.
Review Required Practicals	Recap methods, variables, and how to analyse/evaluate results. These often appear in long-answer questions.
Quiz yourself on command words	Understand what's being asked: e.g., "describe" means what you see, "explain" means give a reason.
Try the 'teach it' method	Explain a science concept to a friend, sibling, or the mirror. Teaching helps retention and shows what you know well.
Look at one past paper question	Read a sample exam question and plan how you would answer it in your head. Don't do a full past paper!
Try some short quizzes	Classroom 42's quizzes are good for fast revision of key terms and definitions. Keep it brief - 15 mins max.

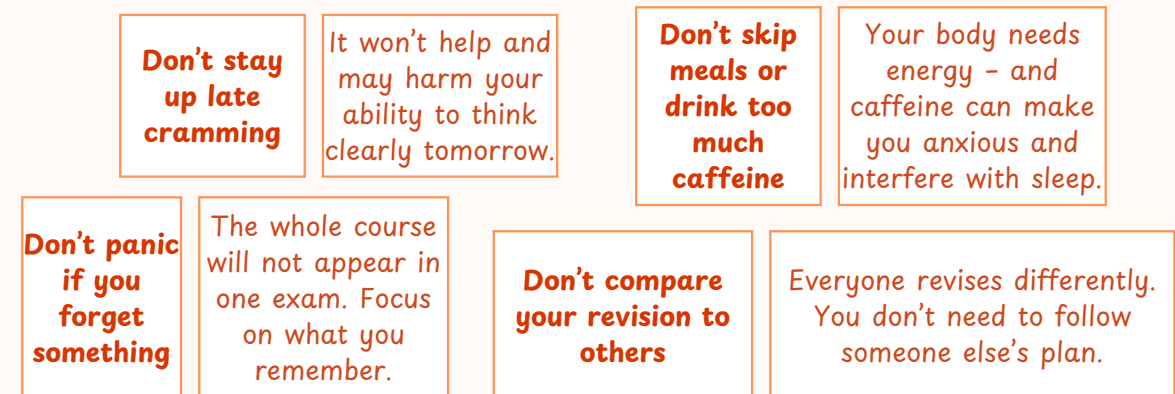
## Mindset and Motivation

A confident mindset improves performance and can help you feel calm and capable.



## What NOT to Do

Avoiding these things will help protect your sleep, mindset, and focus.



## Quick Tips for Exam Morning

### Eat breakfast

Even something small helps with concentration and energy.

### Go to the toilet before the exam

You don't need that distraction mid exam! You may not be allowed during the paper.

### Arrive early

Aim to be at school at least 15 minutes before the exam start time.

### Stay calm and positive

A calm mind performs better - remind yourself you've prepared and are ready.