

Pre-Exam Readiness Check-In

Purpose: To help you reflect on your exam preparation, build confidence, and spot areas where support or changes might help.

V Part 1: Exam Preparation

1. On a scale of 1–10, how prepared do you feel for your upcoming exams? (1 = Not prepared at all, 10 = Totally ready) \circ 1 \circ 2 \circ 3 \circ 4 \circ 5 \circ 6 \circ 7 \circ 8 \circ 9 \circ 10

2. Which subjects or topics are you feeling most confident about?



3. Which subjects or topics are you most worried about?

4. On average, how many hours per day are you revising at the moment?

- \circ Less than 1 hour
- 1–2 hours
- 2–3 hours
- o 3-4 hours
- More than 4 hours
- $\circ\,$ It changes day to day



5. What revision methods are you currently using? (Tick all that apply)

- □ Flashcards
- $\hfill\square$ Mind maps or notes
- \Box Past papers
- \Box Online videos or quizzes
- $\hfill\square$ Study groups or partner revision
- $\hfill\square$ Reading through textbooks or class notes
- □ Other: _____

6. Have you made or are you using a revision timetable?

- Yes, and I'm using it regularly
- \circ Yes, but I struggle to stick to it
- No, but I plan to make one
- \circ No, I prefer to revise without a plan

😴 Part 2: Wellbeing and Mindset

7. Are you getting enough sleep (7–9 hours per night)?

- Yes, most nights
- \circ Sometimes
- \circ Rarely
- No, I struggle to sleep well

8. What emotions are you feeling about the exams right now? (Choose all that

apply)

- \Box Confident
- \Box Nervous
- \Box Stressed
- □ Motivated
- \Box Overwhelmed
- \Box Focused
- □ Avoidant
- □ Calm
- □ Other: _____



9. Who can you talk to if you're feeling anxious, stressed or stuck? (*Tick all that apply*)

- □ A parent or carer
- □ A teacher or tutor
- □ A friend
- $\hfill\square$ A school counsellor or support worker
- \Box No one right now
- □ Other: _____

Part 3: Next Steps & Support

10. What's one thing that could help you feel more prepared or less stressed?

11. Would you like support from a teacher, mentor or someone else in school?

- Yes, please
- ∘ Maybe
- No, I'm okay at the moment

Top Tips to Remember:

- Use a **revision planner** with breaks (e.g., Pomodoro technique: 25 mins study, 5 mins break).
- Avoid cramming—space out your revision and revisit topics regularly.
- Stay active—a short walk or movement break can boost focus and reduce stress.
- **Talk it out**—don't bottle it up. Teachers, mentors, and friends are there for you.