

THE LESTER VAUGHAN SCHOOL NEWSLETTER

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What is a good breakfast?

Make sure you eat:

- staples—bread, bakes, muffins, oatmeal porridge—these give you energy.
- Proteins—eggs, chicken nuggets, sausages, peanut butter, cheese
- Fruit—apples, oranges, fruit juice
- A hot beverage

EXAMPLES OF GOOD BREAKFASTS



1. A peanut butter sandwich with an orange and a cup of hot chocolate
2. Scrambled eggs with toast, juice and a hot drink.
3. Hot oat porridge made with milk or almond milk, a banana and peanuts

PREPARING FOR EXAMS

MENTAL PREPARATION

You want to feel relaxed when you sit down to take the test, so make sure you do the following things.

Preparation Techniques before the exam

1. **DO NOT PROCRASTINATE**—Study early and continue to review material until the test day.
2. **POSITIVE SELFTALK**—Do not compare with

others, focus on your abilities. E.g. I have studied, I know my material, I can do well.

3. **DO NOT MAKE COMPARISONS**—Do not compare yourself with others, focus on your abilities. Comparing yourself with others also increases your anxiety.
4. **VISUALIZE**—Picture yourself taking the test and knowing the answers, doing well on the test. This will increase your confi-

dence.

5. **AVOID NEGATIVE CLASSMATES** Those who will not encourage you to study and will therefore contribute to your having to worry. Although feeling anxious and worried before an exam is normal. It becomes a problem when it interferes with your ability to take an exam and perform well.
6. **EAT WELL AND GET ADEQUATE REST** Lack of energy can contribute to negative feelings and leave you unprepared to do your best.

ON THE DAY OF THE EXAM

- ◇ If there is time revise. Do not try to learn something new, it may confuse you.
 - ◇ **BE PUNCTUAL.** Arrive early
 - ◇ **BRING ALL** necessary materials.
 - ◇ **READ DIRECTIONS CAREFULLY**
 - ◇ **FOLLOW THE DIRECTIONS**
 - ◇ **READ EACH QUESTION CAREFULLY.**
 - ◇ **FOCUS ON YOURSELF.**
- Don't look around at how other students are doing.
- ◇ **BUDGET YOUR TIME.** If possible answer easy questions first to build your confidence.
 - ◇ Last but not least **SAY A PRAYER.** Ask God to your remembrance what you have learnt and to open your understanding. Remember you put out what you take in.

BE PREPARED

You will need the following for every examination:

Pens (blue or black), a ruler, pencils (HB and a darker pencil e.g. B3 to fill in multiple choice grids), an eraser and a sharpener—small stapler (optional)

ADDITIONAL MATERIALS NEEDED

Mathematics—Geometry set, calculator

Art—all crayons, paints, etc.

ALSO

If you write on loose leaf paper, make sure your name is written on each piece of paper.

Don't let this be you!

