# The Exam Planner

Three small habits each week that take the panic out of exam season.



THE STUDY LAB

TutorWow

# Why starting early wins

> The most expensive words in exam prep are **"I will start in a few weeks"**. It feels harmless, because the plan still exists. But the plan keeps sliding, and the term keeps shrinking.

The students who stay calm in the exam room are not working harder in any given week. They started early and kept it small, so they were a step ahead before it ever felt urgent. That turns a frantic final month into a steady one.

## Revision versus preparation

**Revision** means going back over things you already know. It feels good because it is comfortable. **Preparation** means hunting down the things you cannot do yet, fixing them, and proving you can perform under real exam conditions.

Revision takes a few weeks. Real preparation takes a full term, and it is the part that actually moves your mark. So the goal is to start it now, in small pieces you can repeat.

## The move that shifts marks

Re-reading and highlighting feel like work, but your brain is only watching the information go past. Preparation forces recall: you pull the answer out of your own head first, then check it. That uncomfortable moment is the part that sticks. Two focused hours a week of this will outrun six hours of re-reading.

# Your three weekly habits

Keep the week simple. Three habits, repeated, do more than any last-minute cram.

1. **One past paper question a week.** Do it under time, then mark it hard against the marking guide. Wherever you dropped marks becomes your study plan for the next week.
2. **A "things I keep getting wrong" list.** Every Sunday, add to it. Keep each entry short and specific, and revisit the same weak spot until it stops turning up.
3. **One idea a week, explained out loud.** Say it to a parent, a mate, or your tutor. If you can teach it clearly, you genuinely know it.

### In practice

**Space it out, do not cram it.** Come back to the same weak topic after one day, then three days, then a week, then two weeks. The same total time, spread across those gaps, sticks far better than one long session the night before.

## Plan this week

A page to fill in and keep. Print a fresh copy whenever you need one.

The past paper question I will mark:

One thing I keep getting wrong:

The idea I will explain out loud, and who to:

The subject that needs the most time this week:

Prefer to fill it in on your computer? Make your own copy and type straight into it.

**Make a copy →**

New to TutorWow? A free 30-minute call shows exactly where the gaps are and how to close them.

**Book a free call →**