



ISEB

Independent Schools
Examinations Board

PREPARING AND PACKING FOR MY EXAM OR TEST

When we have a test or exam coming up, there are lots of things that we can do to help us feel more prepared and ready on the day. Keep this sheet handy as a little reminder of the things that you might need to think about. You could even tick off each thing once you've done it!



TOOLED UP®

BECAUSE EVIDENCE MATTERS

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Things I need to remember for my test or exam...

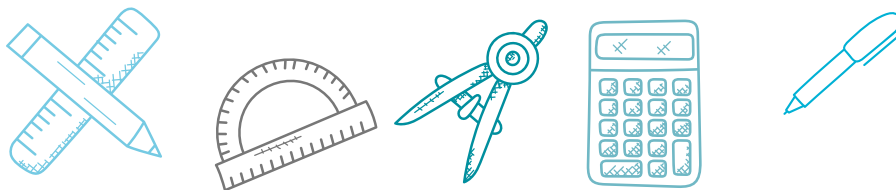


My exam is on at O'clock

Before my exam, I need to:

Pack my pencil case with pens, pencils, ruler, eraser and anything else that I know I need.

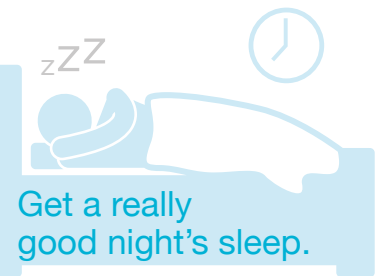
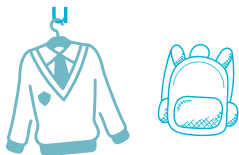
(Remember to check what you need with the school first. Your pencil case might need to be transparent.)



HINT

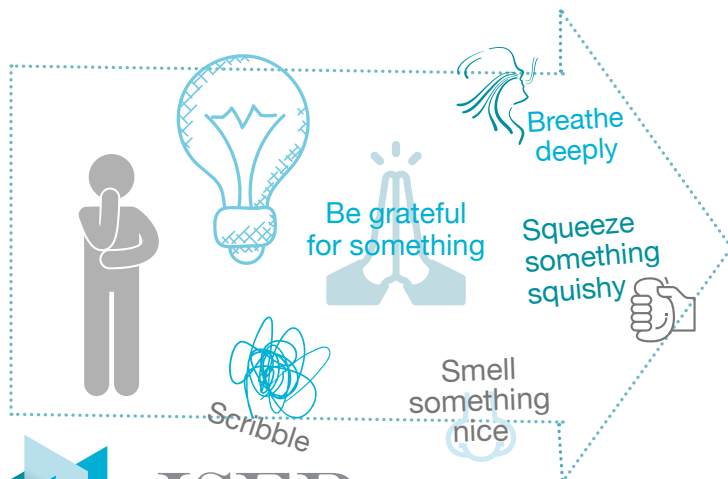
Make sure you don't have anything that's not allowed! The school might not want you to have a calculator, or wear a smartwatch. Make sure you know the rules.

Get my uniform ready.



Have some tricks/things that I know help me to feel calm and happy if I feel a bit wobbly.

(If you don't, why not discuss these with your grown up?)



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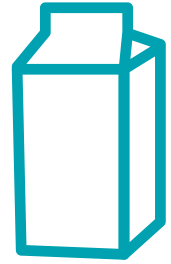
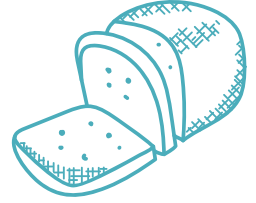
Have a yummy breakfast.

Maybe you could chat to your grown up about what you fancy in advance and write it down here:

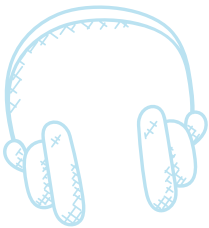
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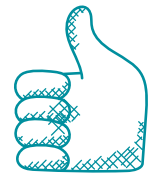
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Listen to your favourite music or watch something funny in the morning.



Well done for being so organised and planning everything so well!
You deserve a big pat on the back.



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