

**Kingdom of Saudi Arabia**  
**Ministry of Education**



**Creating Unlimited Opportunities to our Children**



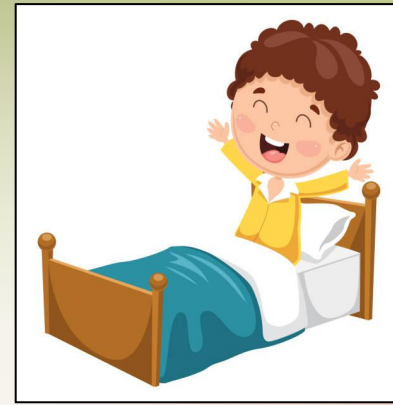
# Preparation During EXAM



**Review**



**Sleep early**



**Wake up early**

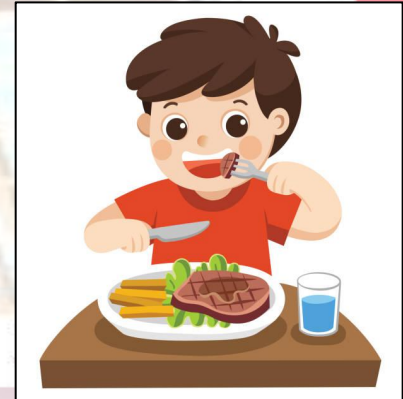
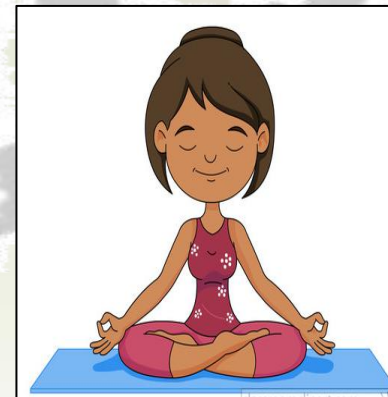
**Answer the exam  
confidently**



**Pray to Allah**



**Meditate**



**Eat healthy food**





# TIPS IN TAKING THE EXAM

# Tips to improve your Memory

Effective learning can only be achieved if you're able to focus your complete attention on what you are trying to learn.

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## 1 READ, READ, READ

Reading your textbooks and notes will broaden your understanding.

## 2 WRITE THINGS DOWN

Make your own notes from what you have read in the book. Write questions and answer them later. This is a good way to test your understanding of what you learn and help you remember.

## 3 TALK OUT LOUD

You can read the topic out loud or try to teach the topic to someone else.

## 4 TEST YOURSELF

Use past exam papers. This is great not only testing your knowledge but also familiarising yourself with the exam. And you can use questions from the textbook.

## 5 PRACTICE

To improve memory it is important to keep going back and over information that you learn, using different formats of learning.

## 6 EAT PROPERLY

Fueling the mind is an essential element of increasing focus and concentration.





# 6 Ways to a Better Memory

## 1. Learn Something

Stimulating the brain helps it develop a resilience that allow us to fight off diseases like Alzheimer's.



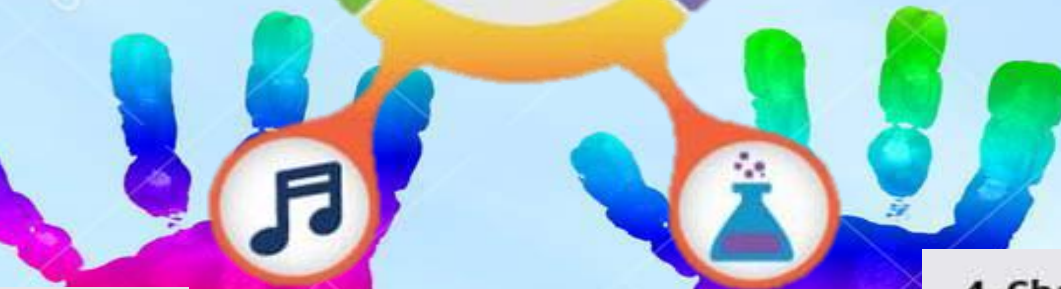
## 2. Sleep

At least six hours of sleep at night helps improve your memory function & lowers your risk of stroke.



## 3. Eat Right

A diet high in leafy green veggies, fish, nuts and healthy oils like coconut & olive may ward off Alzheimer's.



## 5. Walk with a Friend

A workout, stress-relieving social interaction & good conversation are a triple threat against Alzheimer's.

## 4. Challenge Yourself

Train your brain... memorize three hard to remember names a day to help strengthen your memory.



# Things 'NOT' to do during EXAMS!



**Unhealthy Eating**

**Sleeping Late**

**NO to Television**

**NO to Mobile**

**Cramming**

**Panicking**











# REACH

for success!

**R**espect

**E**ffort

**A**ttitude

**C**ooperation

**H**onesty



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# First Step International School

## Creating Unlimited Opportunities to our Children

