

EXAM GUIDE

part one

sundayherald 25.03.07

IN ASSOCIATION WITH

Leckie Leckie
Scotland's leading educational publishers

ENGLISH



MODERN STUDIES

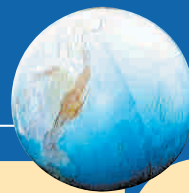


ART

& DESIGN

PHYSICS

GEOGRAPHY



HISTORY

THERE are just a few weeks left until the start of the school exam season on Monday April 30. Are you feeling fully prepared and ready to relax over the Easter break? If you're struggling with revision, or are wondering how best to manage your time, then these great supplements will really help you to focus on what's important for effective preparation in the countdown to exams.

As Scotland's leading educational publisher, Leckie & Leckie is once again delighted to be the sponsor of the Sunday Herald exam guides, supporting you to gain the grades you deserve.

For all 12 subjects addressed in these supplements, you'll find valuable advice, study tips and question analysis from the experts. And check our top tips here to keep your mind and body in shape to improve concentration and make facts stick! Best of luck!



MAKE SURE YOU HAVE A SMOOTH REVISION PASSAGE!

It's tough trying to absorb facts on a tight revision schedule when concentration is lagging and there are so many distractions. With this in mind, Leckie & Leckie has devised a set of helpful guidelines to improve your revision focus, keep your brain sharp, your body healthy and your nerves calm.

Follow our *Success on board* information for:

- Better concentration
- Quick-fire recall
- More energy
- Less stress
- Exam success!

GOOD LUCK ON YOUR ONWARD JOURNEY!

CONTENTS

- Art & Design**
pages 3-6
- English**
pages 7-11
- Geography**
pages 12-15
- Physics**
pages 16-21
- Modern Studies**
pages 22-25
- History**
pages 26-31

Leckie & Leckie
Scotland's leading educational publishers

www.leckieandleckie.co.uk

Leckie & Leckie

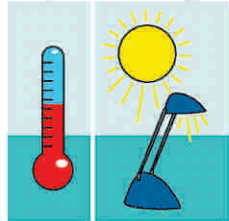
success on board

Advice for 25.03 – 8.06.07

Please use in the event of examinations

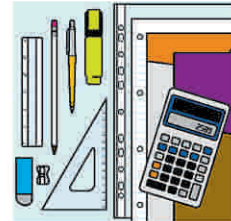
Organising your work area for effective study

Temperature and light



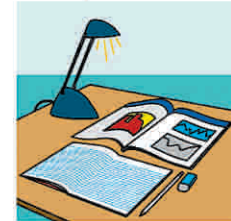
Moderate Good

Revision tools



Keep to hand

Desk top

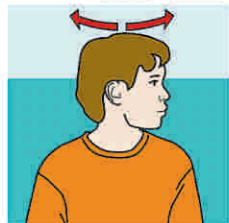


Study space



Desk exercises to relieve stress and tension

Neck



Move head slowly. Hold for 5 seconds on each side. Repeat x 5

Shoulders



Rotate forward x 5. Rotate back x 5

Upper back



Push shoulders back. Hold for 10 seconds. Repeat x 5

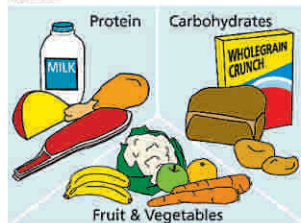
Lower back



Move slowly. Hold for 5 seconds. Repeat x 5

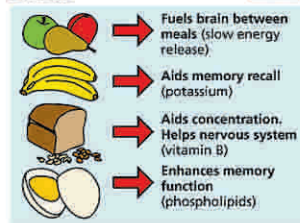
Healthy eating for better concentration

Meals



Well balanced meals

Snacks



Drinks



Keep hydrated to improve concentration and energy levels

Relaxation exercise for calm and focus

Sit up straight

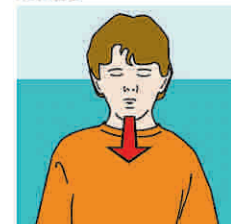


Inhale



Breathe in deeply and slowly

Exhale



Hold for 3 seconds

Repeat



As necessary