

SATS the week before

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As D-Day looms, decide whether you should refine your timetable. Focus on what you're weakest on.

Ask your teacher for some past papers to see what kind of questions you'll get.

Allow time to practise under exam conditions if you can.

(Maybe in a school lunch-time?)

## **SATS the day before**

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At this point you should be prepared for all the things that could come up.

Look at all the sample papers that you have done leading up to the exam. Remind yourself of the areas that you find difficult.

Make sure that you do not have a late night as this will make you extremely tired and you will not be able to concentrate.

SATS the night before

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Make sure that you have packed everything you need for the test.

Make yourself feel as relaxed as you can. Why not have a shower or listen to some music? Revise your key areas.

Make sure you have a good meal before the test as you don't want to be hungry.

Make sure that you go to bed on time and  
don't worry yourself.

## **SATS on the day**

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The big day is here and as always -Don't
worry!

Whatever the outcome, you will have tried
your best and that's what's important.

Make sure that you get to school on time and
have a big breakfast.

Good luck!