



3. Getting Mathematically Fit

Mathematics requires a different way of thinking from many other subjects. Getting tuned into this part of your mind is really important. Mental arithmetic is one part of this, so try setting yourself some mental challenges as you're cycling or walking.

- Examples :** a) working out sums in a certain ratio (divide £360 between 2 people in the ratio of 3:1). Keeping calculations in your head is a good skill to develop.
b) Next time you're shopping, add up the basket and decide what change you'll get.
c) Some people like Sudoku puzzles. They can be useful as you keep hold of numbers in your mind.
d) Magic squares are fairly similar.

Working with a partner will really help as you can set mental challenges for each other.

Spatial awareness and logic are other components to develop. How? **Try Reading a Mathematics book.** You will be surprised that you can actually read maths books – just like novels. But it's a skill and you can learn it. This is another aspect of becoming mathematically fit.

4. Examination Practice - Getting better at doing Examinations

It's a fact : the more exams you take, the better you get at taking them. That doesn't mean you'll get higher and higher marks, it just means you become more proficient at the techniques.

For example :

- You aren't so nervous.
- You learn to take exams in your stride – they will be part of your life from the ages of 14/15 to 21/22 and sometimes beyond.
- You get better at revising, and you start earlier. You become a better "student" and become organised.

As you get nearer to the date of your Maths exams do a timed-past paper. This is to try putting yourself under exam conditions, but also working to strict time.

General Advice for Revision : Be organised about your revision. Draw up a timetable, put all your activities down, and allow time for fun as well as for revision. Allow time for exercise. Swimming is really good to do during examinations. That's really important as you may become stressed about exams and some exercise will help you to relax.

5. Finally some tips for the Examination day

Be on time for your exams, know where you're supposed to go. Don't leave this to the last minute or you'll get in a panic.

Deep breathing : this will help you to stay calm during the start of the exam.

Try to relax when you're taking the exam – your mind and memory will work better the more relaxed you are.

Start on a question you can do – build your confidence. Praise yourself during the exam....keep boosting your morale.

Most of all : GOOD LUCK!!!!

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