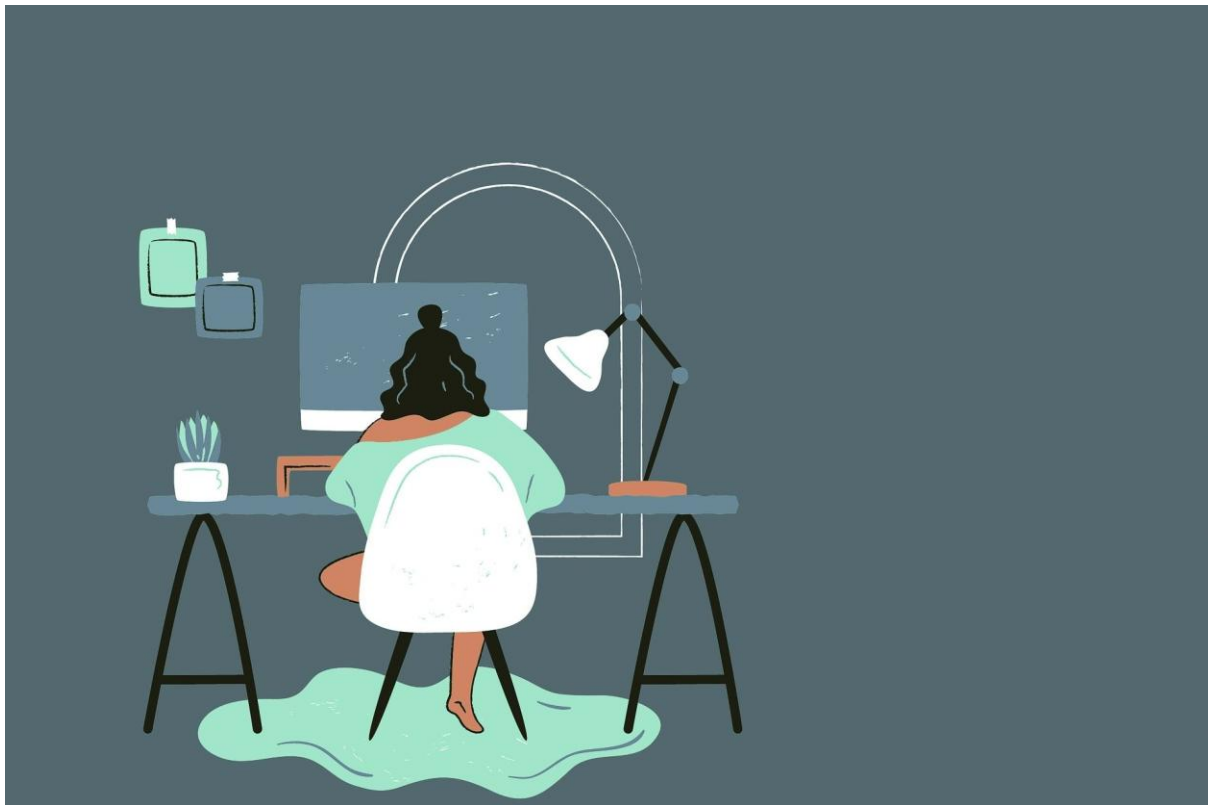


Year 12 A-Level Exam Countdown Survival Guide: What to Do Between Now & the End of the Exams

You're almost there! Whether your exam is in two weeks or two days, this guide is here to help you revise smarter, stay calm, and keep your confidence high.

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1. Plan Backwards: Create a Final Countdown Revision Calendar

Every day counts but don't try to do everything at once.

- Step 1: List all your upcoming exams and topics
- Step 2: Prioritise weak areas + high-weight topics (use exam specs)
- Step 3: Break it down into 60–90 minute blocks with clear tasks (e.g. “do 2023 Paper 2 Q4” or “review 3 flashcard decks on volcanoes”)
- Step 4: Include breaks, exercise, sleep. You won't perform well if you burn out.



2. Use the Pomodoro Method to Maximise Focus

Our brain likes sprints, not marathons.

2

Pace yourself eg:

- 25 minutes focused revision then 5 minutes break. After 4 rounds, take a longer 15–30 minute break

Alternatively:

- 50 minutes followed by 10minute break

Best for: memorising quotes, timed essay practice, past paper Qs

Watch: Study With Me – Pomodoro eg

https://www.youtube.com/watch?v=lex_bNIFR1A



3. Study With Me Sessions = Built-In Accountability

You don't need to talk. Just work alongside others.

Join YouTube "Study With Me" livestreams or start a muted Zoom/Google Meet with friends. Everyone works in silence, so you stay on track without distractions.

"Motivation gets you started but seeing others work alongside you keeps you going."



4. Get Inspired by StudyTubers

They've been where we are and got the grades.

UnJaded Jade – Best Study Techniques & Motivation

Jade breaks down how to revise effectively and sustainably.

https://www.youtube.com/watch?v=JQI7SvS6gIM&ab_channel=

<https://www.youtube.com/watch?v=KbsJFuZDOr0>

Smile with Sola

Great for productivity, routines, and real talk about school life.

<https://www.youtube.com/watch?v=H07RzoL8Ev0>

Ibz Mo

Great for motivation (a student predicted Ds and achieved A*s) He keeps it real with humour and great productivity tips!

<https://www.youtube.com/watch?v=CFoJH7KSTNg>

<https://www.youtube.com/watch?v=SopJIrfcU9g>

<https://www.youtube.com/watch?v=-3kiDZd6l4I>

[StudyQuill / Merve / Revisign] for lo-fi and focused sessions

"Motivation is contagious. Hit play and catch some."



4. Last-Minute Revision Groups (Online or In-Person)

Choose a topic. Drill it. Teach it.

- Pick one – two key topic per session
- One person leads a quiz, others explain answers
- Do flashcards, practice essays, or quick-fire facts
- Use Teams, Zoom WhatsApp or meet in person for a 30–60 min burst



Top tip: Teaching others is one of the best ways to lock in knowledge

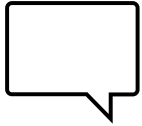
5. Use High-Impact Revision Techniques ONLY

- Active Recall: Use flashcards, blurring, and quiz-yourself methods
- Past Papers: Do timed questions. Mark it yourself with the official mark scheme
- Mind Mapping: Good for quick visual overviews (especially on the day before)
- Acronyms & Mnemonics: Boost memory under pressure



6. Calm, Sleep, and Light Recall

- Sleep is your revision superpower.
- Don't cram the night before, do light flashcards or read summaries
- Eat well (not just caffeine and crisps)
- Try meditation apps like Headspace or Calm to reduce anxiety
- Stay off TikTok during breaks, scrolling can actually increase panic



7. Say This to Yourself:

"I don't need to know everything. I just need to show what I do know."

You've done the work. Trust your prep.

No one feels 100% ready, just be the calmest, clearest version of you.

A pass is still a win. And so is trying your best.

5

Your Final Week Checklist To Do Daily

- One past paper per subject (or question set)
- Use Pomodoro blocks
- Review weakest topic (don't avoid it!)
- Get 7–8 hours sleep
- Take breaks and move your body
- Stay off your phone at bedtime

"Daily steps, not giant leaps, get you across the finish line."