



How will *you* benefit from taking The Exam Success Formula?

If your mum or dad is talking to you about taking The Exam Success Formula you may be wondering, “What’s in it for me? Is this just going to be a boring waste of time or is it really going to make a difference?”

Read the bullet points below to understand what you can expect to get out of taking the course.

- **Clear motivations and goals**
You will have clearly identified your 'why' for taking these exams so that you're deeply motivated to do well. You will also know the grades you need to move on to what you want to do next.
- **A positive and resilient attitude towards your studies**
You will believe that your understanding and grades will always improve through effort applied in the right way. You'll see your grades improving as a result of using the right study strategies – and this will increase your confidence day-by-day and week-by-week.
- **A clear framework for managing your time**
You will know how much study you should be doing, when you should be studying and when you should be resting or having fun so that you get the best grades and maintain your stamina throughout the school year. You will also know how to avoid procrastination. Together with your mum or dad you will have built an accountability system that works for both of you - without them having to resort to nagging (well, hardly ever).
- **Start good study habits and lose the bad ones**
You will have laid the foundation for success over the long-term by starting good study habits and getting rid of any bad ones that you might have developed rather than relying on short-term and very stressful techniques like cramming. You will be confident that your consistent effort will pay dividends in the exam hall so that you don't have to worry so much or get stressed before and during exams.
- **Deepen and broaden your understanding of your subjects**
And, maybe, you'll even have fallen in love with some of them so that studying becomes a pleasure rather than a chore!

- **Develop strong revision strategies that work for you and your subjects**
You will have identified, and have the tools to continuously identify, the revision techniques that are working for you, and have the confidence to change things that aren't working. You will be able to stop worrying that you're doing things incorrectly because you have confidence in the revision process that you're going through. Your mum or dad will also know how they can most effectively help you with your revision and when to get out of the way and stop nagging!
- **Prioritisation techniques that will keep you focused**
You will stop the overwhelm and increase the efficiency and effectiveness of your revision by always knowing where you should be focusing your attention.
- **How to build up to the exams in a happy and healthy way**
By understanding your own rhythms of concentration and how to re-energise yourself you will be able to prepare for exams in a happy and healthy way.
- **Have the tools you need to learn to think like an examiner**
And the confidence to efficiently and effectively use them to prepare for your exams and continuously make improvements in your attainment.
- **A quick and easy method to review exam season**
So that you can improve your revision and exam preparation year after year and continuously get better results.

About me

My name is Lucy Parsons. When I was nine years old I decided I wanted to study at Cambridge University. I went to my local state schools, who weren't very ambitious for me, so I had to make it happen myself. In the process, I worked out a study system that earned me five A grades at A Level and I went to Cambridge to study geography. Later on, I became a geography teacher. I now teach students, like you, how to study so that you can reach your full academic potential and achieve your hopes and dreams.

If you've got any questions about the course, email me at lucy@lifemoreextraordinary.com.

