



Name: _____

- How to Prepare - **FOR EXAMS**

Good preparation helps you feel more confident, reduce stress, and achieve better exam results

- CREATE A STUDY PLAN -

Organise your study schedule using the planning pages in this booklet. Write in the date and time of your exams.

Morning exams start at 9am. Arrive by 8.30am.

Afternoon exams start at 2pm, arrive by 1.30pm.

Study for 1–1.5 hours, maximum 3 sessions a day.

Include rest breaks.

- REVIEW KEY CONCEPTS -

Focus on the most important topics, formulas, and definitions.

Read your notes and class materials regularly. Reviewing key concepts strengthens your understanding and memory.

- PRACTICE WITH PAST EXAMS -

Solve practice tests and previous exam papers. This helps you become familiar with the question format and improve your problem-solving skills. Practice also builds confidence.

- GET ENOUGH REST -

Sleep for at least eight hours the night before the exam. A well-rested mind can concentrate better and recall information more effectively. Avoid staying up late to study.

- STAY CALM AND POSITIVE -

Believe in your preparation and keep a positive attitude. Take deep breaths if you feel nervous before the exam. Confidence and a calm mindset can help you perform your best.

28 Sept 2026 - 4 Nov 2026

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5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
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5 Nov 2026 - 11 Nov 2026

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	MON	TUES	WED	THURS	FRI	SAT	SUN
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Term 4: 12 Oct 2026 - 18 Oct 2026

This week's focus

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W1 WEEKLY PLANNER



	MON	TUES	WED	THURS	FRI	SAT	SUN
	12	13	14	15	16	17	18
		Derived Grade Exams	Derived Grade Exams	Derived Grade Exams	Derived Grade Exams		
5							
6							
7							
8							
9							
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12							
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Term 4: 19 Oct 2026 - 23 Oct 2026

This week's focus

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 W2 WEEKLY PLANNER

	MON	TUES	WED	THURS	FRI	SAT	SUN
	19 Derived Grade Exams	20 Derived Grade Exams	21 Derived Grade Exams	22	23	24	25
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6							
7							
8							
9							
10							
11							
12							
1							
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9							
10							
11							

Term 4: 26 Oct 2026 - 1 Nov 2026

This week's focus

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W3 WEEKLY PLANNER



	MON	TUES	WED	THURS	FRI	SAT	SUN
	26	27	28	29	30	31	1
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10							
11							
12							
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2							
3							
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7							
8							
9							
10							
11							

Term 4: 2 Nov 2026 - 8 Nov 2026

This week's focus

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W4 WEEKLY PLANNER

	MON	TUES	WED	THURS	FRI	SAT	SUN
	2	3	4	5	6	7	8
				Y11 & Y12 Final Day	Y13 Final Day		
5							
6							
7							
8							
9							
10							
11							
12							
1							
2							
3							
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9							
10							
11							

Term 4: 9 Nov 2026 - 15 Nov 2026

W5 EXAM WEEK



This week's focus

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MON	TUES	WED	THURS	FRI	SAT	SUN
9	NZQA Exams START	10	11	12	13	14
			NZQA Exams	NZQA Exams and Senior Prizegiving		15
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
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8						
9						
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12						

Term 4: 16 Nov 2026 - 22 Nov 2026



W6 EXAM WEEK

This week's focus

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MON	TUES	WED	THURS	FRI	SAT	SUN
16 NZQA Exams	17 NZQA Exams	18 NZQA Exams	19 NZQA Exams	20 NZQA Exams	21	22
5						
6						
7						
8						
9						
10						
11						
12						
1						
2						
3						
4						
5						
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Term 4: 23 Nov 2026 - 29 Nov 2026

This week's focus
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Term 4: 30 Nov 2026 - 6 Dec 2026



W8 EXAM WEEK

This week's focus

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MON	TUES	WED	THURS	FRI	SAT	SUN
30 NZQA Exams	1 NZQA Exams	2 NZQA Exams	3 NZQA Exams	4 NZQA Exams	5	6
5						
6						
7						
8						
9						
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12						

Credit tracker - NCEA Level 1

This page is to help you track your NCEA achievement and ensure you are on track to achieve NCEA Level 1.

Complete the credit tracker using your results in KAMAR.

Write in your **subjects** below and shade in the **credits** that you have.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

Credits achieved: You need minimum of 60Cr to achieve NCEA L1
(60Cr L1 + 10Cr Literacy and 10Cr Numeracy = 80Cr)

Subject Credits	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27	28	29	30
	31	32	33	34	35	36	37	38	39	40
	41	42	43	44	45	46	47	48	49	50
	51	52	53	54	55	56	57	58	59	60
Literacy	1	2	3	4	5	6	7	8	9	10
Numeracy	1	2	3	4	5	6	7	8	9	10

Once you achieve NCEA Level 1, you can also earn a **Certificate endorsement:**

Merit Endorsement: Gain 50 credits at Merit or Excellence.

Excellence Endorsement: Gain 50 credits at Excellence.

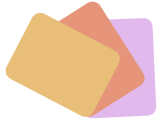
or **Course Endorsement:** 14 credits in one subject at Merit/Excellence,

Study Strategies

for Mastering NCEA Exams

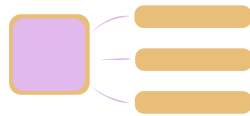
CREATE FLASHCARDS

Create flashcards for quick review of concepts, definitions, quotations and important details. Regular revision helps cement information from short term to long term memory.



CONCEPT MAPPING

Create detailed concept maps (spider, hierarchy, flowchart or system) to visualise relationships between key concepts, making it easier to understand complex topics.



GROUP STUDY SESSIONS

Form study groups with friends to engage in discussions, seek clarity on areas of difficulty, test one another on concepts and give peer feedback.



TIMED PRACTICE

Create timed, simulated exam conditions and practice answering past questions from tests or exams. This helps improve time management skills and timed writing skills.



TEST USING QUIZZES

Use online quiz platforms or educational apps that provide interactive quizzes tailored to specific subjects to help test your knowledge.



UTILISE MNEMONICS

Develop mnemonic devices (acronyms, rhymes, associations, or visual cues) to remember lists, sequences, or complex terms. Mnemonics can be a fun and effective memory aid.



SOCRATIC QUESTIONING

Formulate open-ended questions related to the material you are studying then challenge yourself to answer them. This encourages deep thinking and critical analysis.



PEER TEACHING

Practice taking turns teaching different sections or topics to your peers or a family member. Teaching others solidifies your own knowledge, and helps to identify areas of difficulty.



ACTIVE READING

Engage with the material actively (especially written texts) by highlighting key points, taking notes, summarising concepts in your own words and posing questions as you read.



UTILISE APPS

Leverage a variety of digital apps (flashcard, note-taking, mind-mapping, study timer and productivity etc.) to enhance your studying and learning experiences.

- Extra resources here: -

WEBSITES:

All subjects:	https://learncoach.com/ https://studytime.co.nz/
NCEA exam timetable:	https://www2.nzqa.govt.nz/assets/NCEA/2026-Exam-Timetable.pdf
Past exam papers, exemplars and marking schedules:	https://www2.nzqa.govt.nz/ncea/subjects/past-exams-and-exemplars/
Maths:	https://www.youtube.com/infinityplusone
Science	https://www.nobraintoosmall.co.nz/html/Level1_physics/NCEA1_PESS.html
English	https://www.youtube.com/playlist?list=PLfj1dt2hxDGL3pa7TCa02ieffG4lsVktC https://www.youtube.com/playlist?list=PLJvailqsGS9gSFwGq0ViO3JxNsnWaLwZR

Prepare well, stay confident, and do your best - every exam is an opportunity to learn and succeed