

CEM SELECT

11 + EXAM DAY MASTERCLASS

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Introduction

CEM (owned by Cambridge University Press & Assessment) is now **online** and not administered in a paper format.

There are timed sections – five or six in total.

Each test will take 1 hour in total.

The time is very limited for each section, and students need to work fast but carefully.

Many students run out of time.

Be ready to type in your answer or drag the correct answer option.

Following ALL the Instructions

You must follow all instructions.

These instructions may be given verbally to you, via an audio machine and/or written on the screen.

How to deal with Exam Day nerves

Sleep well- consistent bedtimes – early!

Eat well in advance of your exam.

The Morning of the Exam

- Have a good breakfast.
- Go for a gentle walk around the block to clear your head.

Just Outside the Exam Room

- Deep breaths (belly breathing) and stand quietly.
- Don't overexcite yourself chatting to other children about what you do / don't know.
- Go to the toilet – even if you do not need to go.

When the exam is about to Start

- Listen carefully to the instructions.
- Do not talk even if the exam has not started.
- Don't sip at your water- it all builds up!
- Find a clock on the wall and use it.

In the Break

- Please try and relax. Try not to panic about what has happened in the previous section- recognise that it is completed. Be ready to do your best again.
- Try not to ask others about how the exam is going for them.
- Make sure you go to the toilet in the break- whether you need to or not.
- Eat your snack (nothing sticky).

Let's look at how to be an 11 + exam whizz

- Listen carefully to ALL the instructions.
- Work at speed and with great care.
- Go to the toilet before the exam starts and when you are given the opportunity, whether you need to go or not.
- Don't drink too much water.
- Look at how many questions you have and how long you have to do them in (roughly work out where you should be at the half-way point).
- Don't leave any gaps. Be aware of the time you are spending. If you are struggling with a question, just put in a guess and carry on.
- At the end of the exam make sure you have written your name and any other required information on the answer sheet.
- Listen out for time warnings and act upon them. Don't ignore them. Eg: "You have 1 minute remaining".

- Use all the time available and if you finish a section early then keep checking your answers. Don't change answers unnecessarily.
- Time warnings- Listen out for them and act upon them by hearing the time warning and look at how many questions you have left to answer. E.g.: if you have 2 minutes left and a couple of questions you can continue to work methodically. If you have 1 minute and 10 questions left, you need to mark the answer with a complete guess (as listed in point 7). Do not even read the question.
- If you run out of time, never leave any questions unanswered. If you hear the time warning of 1 minute remaining always put in a guess. i.e: Don't read the question just guess.
- SECRET: If you run out of time, always put in an answer/s as it is often the case that you can pick up an additional mark if you do. However, you certainly won't pick up any lucky marks if you leave any unanswered questions blank!

Good luck!