Managing Stress

• Meditation
  https://www.youtube.com/watch?v=DwepHUEpVuw

• Relaxation techniques
  https://www.youtube.com/watch?v=InXrXX0m-NE
Interesting Revision Advice using technology!

• Really good advice on Apps and Music!

https://www.youtube.com/watch?v=Meexir4dQvQ
Exam Tactics

• Time Management – How long per question?
AQA

General Certificate of Secondary Education
Higher Tier
June 2014

Additional Science
Unit Biology B2

Biology
Unit Biology B2

Tuesday 13 May 2014  9.00 am to 10.00 am

For this paper you must have:
• a ruler.
You may use a calculator.

Time allowed
• 1 hour

Instructions
• Use black ink or black ball-point pen.
• Fill in the boxes at the top of this page.
• Answer all questions.
• You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
Exam tactics

• Graph & Data questions – read the information first – tell the story

• Then look at the question
Some students investigated the effect of pH on the digestion of boiled egg white by an enzyme called pepsin. Egg white contains protein.

The students:
- put a glass tube containing boiled egg white into a test tube
- added a solution containing pepsin at pH 7
- set up six more tubes with solutions of pepsin at different pH values
- left the test tubes for 24 hours at room temperature.

Figure 1 shows one of the test tubes, at the start and at the end of the 24 hours.

![Figure 1](image-url)
Exam tactics

• Be The Examiner
  – Does the answer make sense?
  – Have I spelt key words right?
  – Have I used key words?
  – Don’t waste time and marks
Training your Brain

• [https://www.youtube.com/watch?v=aykuFhQIob4](https://www.youtube.com/watch?v=aykuFhQIob4)
Brain Gym

• Down the Front!

• https://www.youtube.com/watch?v=O5ChXC-rHLE