

*Pass your exam*

Lorraine Anderson and Gordon Spark

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*Reviewed by Violet Hejazi*

This is an easy-to-read, straightforward and engaging book which combines a set of techniques that make passing your exam, that being its title, an achievable result while emphasising the learning element of it. The book provides great 10 second and then 60 second summaries at the start of each section. Those abstracts allow readers to be aware of what they are about to read. The final two sections are concluded with a set of questions which represents a check-list of the main points covered in previous sections, enabling the reader to track their progress as they read. The authors explore fears and expectations that learners face as academic exams approach and give very useful tips to help overcome the reoccurring challenges throughout academic life. A glossary of the terms used by the authors is provided at the end of the book as well as information about any next steps readers may want to take in order to gain more knowledge about the topic.

*Pass Your Exam* does not focus only on the exam day and the stress that learners experience as it approaches; in fact, the ‘My exam is today’ section is the sixth of eight sections.

The book covers all the stages leading to that day and starts with discussing the different types of exams accredited and recognised in the UK like MCQ, essay-based and open book exams and how to tackle the stress related to exams with the best strategies on how to escape the ‘vicious circle of fight or flight’ as described by the authors. It then goes on to recommend some tips on planning and the importance of effective planning in ensuring full preparation on exam day. The revision stage is given a whole section where obstacles that may obstruct a good revision session are identified and suggestions on how to overcome these obstacles are included.

Moreover, the issue of unsuccessful previous revision techniques is highlighted by the authors where they also suggest some useful methods

to follow like 'Total recall' and 'Blank page'.

Exam day is covered from start to end with great advice on how to get through the exam and the day itself. The authors introduce the possibility of having to re-sit the exam but emphasise the fact that it is important to keep motivated and reflect on previous revision approaches to be able to perform better in the re-sit.

The book targets learners of above primary education level and serves as an interesting and unique reading experience which will have a positive impact on the academic development of its reader. I personally reviewed this book while sitting a few exams and preparing for other academic work, it helped me further understand and acknowledge my exam-related stress. 'Pass Your Exam' leaves the reader with a sense of achievement for having gained this knowledge and I would recommend it to learners of all ages and interests.

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