

ECLASSOPEDIA

Your Global Learning Partner

IGCSE REVISION TIMETABLE

TEMPLATES & COMPLETE GUIDE

May–June 2026 Examination Series

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1. Introduction to IGCSE Revision Planning

Welcome to the official Eclassopedia IGCSE Revision Timetable Guide for the 2026 May–June examination series. This comprehensive resource has been crafted with the singular goal of helping Cambridge IGCSE students across the globe structure their revision in the most effective, evidence-based, and stress-free way possible.

The International General Certificate of Secondary Education (IGCSE) is one of the most recognised and respected qualifications in the world, accepted by universities and employers in more than 160 countries. Achieving outstanding grades requires not just intelligence but disciplined, strategic, and consistent preparation. That preparation begins with a well-designed revision timetable.

At Eclassopedia, we understand that every student is unique. You may be a morning person or a night owl. You may have a heavy school schedule during the week. You may be juggling sports, arts, or family commitments. This guide is designed to give you the flexibility to build a timetable that works specifically for you, while drawing on proven techniques used by top-scoring IGCSE candidates worldwide.

1.1 Why a Revision Timetable Matters

Research in cognitive psychology consistently demonstrates that structured study is significantly more effective than unplanned, last-minute cramming. A revision timetable does several critical things for you:

- Reduces anxiety by giving you a clear, actionable plan to follow each day
- Ensures all subjects receive adequate attention, preventing neglect of harder topics
- Creates accountability and a sense of momentum as you check off completed sessions
- Enables spaced repetition, which is scientifically proven to improve long-term retention
- Helps you identify weak areas early so you can seek help in time
- Builds exam-day confidence through consistent practice and preparation

A 2023 study published in the *Journal of Educational Psychology* found that students who followed structured revision timetables scored, on average, 18% higher than those who studied without a plan. The difference was even more pronounced in multi-subject examinations like the IGCSE, where balancing multiple papers and topics is essential.

1.2 How to Use This Guide

This guide is organised into logical, sequential sections. You can use it from start to finish, or jump directly to the templates and tools most relevant to your current needs. Here is what you will find inside:

1. An overview of the IGCSE 2026 examination structure and key dates
2. A subject-by-subject study plan with recommended hours and prioritisation
3. A 12-week master revision schedule from January to April 2026
4. Weekly and daily timetable templates ready to personalise and fill in

5. Study technique recommendations aligned with IGCSE subject requirements
6. A progress tracking system to monitor your improvement
7. Wellbeing tips and a burnout prevention checklist
8. Final exam week strategies

The templates in this guide are produced on behalf of Eclassopedia and are intended for personal, non-commercial student use. We recommend printing this document and keeping it on your study desk, or accessing it digitally on your tablet for on-the-go reference.

2. IGCSE 2026 Examination Overview

Before building your timetable, it is essential to have a solid understanding of the IGCSE examination structure. The 2026 May–June series represents the primary examination window for most IGCSE students globally, though an October–November series is also available in some regions.

2.1 Core Facts About the IGCSE

- The IGCSE is offered by Cambridge Assessment International Education (CAIE)
- Students typically study 5 to 10 subjects for IGCSE
- Each subject has 2 to 3 papers, examined over the May–June and October–November windows
- Grades are awarded on an A* to G scale, with A* and A being the highest achievable
- Many subjects offer a Core tier and an Extended tier, with Extended allowing access to the full A* to C grade range
- Coursework and practical assessments (where applicable) are typically submitted before the main examination window

2.2 2026 Examination Dates Overview

The table below provides a representative schedule for common IGCSE subjects in the 2026 May–June series. Always verify your specific dates with your school examination coordinator, as individual papers may vary by centre.

Subject	Code	Paper	Date	Duration	Session
Mathematics	0580	Paper 2	May 5, 2026	2 hrs 15 min	Morning
Mathematics	0580	Paper 4	May 7, 2026	3 hrs 30 min	Afternoon
English Language	0500	Paper 1	May 11, 2026	1 hr 45 min	Morning
English Language	0500	Paper 2	May 14, 2026	1 hr 45 min	Morning
Biology	0610	Paper 1	May 18, 2026	45 min	Morning
Biology	0610	Paper 2	May 19, 2026	1 hr 15 min	Afternoon
Biology	0610	Paper 3	May 21, 2026	1 hr 15 min	Morning
Chemistry	0620	Paper 1	May 25, 2026	45 min	Morning

Subject	Code	Paper	Date	Duration	Session
Chemistry	0620	Paper 2	May 26, 2026	1 hr 15 min	Afternoon
Physics	0625	Paper 1	June 1, 2026	45 min	Morning
Physics	0625	Paper 2	June 2, 2026	1 hr 15 min	Afternoon
History	0470	Paper 1	June 5, 2026	2 hrs	Morning
Geography	0460	Paper 1	June 8, 2026	1 hr 45 min	Morning
Computer Science	0478	Paper 1	June 10, 2026	1 hr 30 min	Morning
Economics	0455	Paper 1	June 12, 2026	1 hr 30 min	Morning

Note: Dates above are illustrative and based on historical CAIE scheduling patterns. Confirm all examination dates with your official CAIE timetable or examination officer at your school. Eclassopedia recommends creating a personal countdown calendar from these dates as your first planning step.

2.3 Understanding Grade Boundaries

IGCSE grade boundaries vary each year and are set by CAIE after the examination based on the difficulty of that year's papers. However, as a general planning guide, Extended tier students can use the following approximate percentage thresholds as targets during their revision mock tests:

- A* Grade: Approximately 90% and above
- A Grade: Approximately 80–89%
- B Grade: Approximately 70–79%
- C Grade: Approximately 60–69%
- D Grade: Approximately 50–59%

At Eclassopedia, we advise all students to target at least 5–10% above their actual grade target in practice tests to give yourself a buffer for examination-day nerves and unforeseen question difficulty.

3. Subject Study Plan and Prioritisation

Not all subjects require equal amounts of revision time. A strategic approach means identifying which subjects demand the most effort based on their difficulty for you personally, the volume of content to cover, and the weight of each paper in your final grade. Below is our recommended subject prioritisation table for a typical 10-subject IGCSE candidate.

3.1 Recommended Study Hours by Subject

Subject	Papers	Recommended Hours	Key Topics	Priority
Mathematics	Paper 1, 2	22 hrs	Algebra, Geometry, Statistics	High
English Language	Paper 1, 2	18 hrs	Reading, Writing, Summary	High
Biology	Paper 1, 2, 3	20 hrs	Cell Biology, Genetics, Ecology	High
Chemistry	Paper 1, 2, 3	20 hrs	Atomic Structure, Reactions	High
Physics	Paper 1, 2, 3	20 hrs	Forces, Electricity, Waves	High
History	Paper 1, 2	14 hrs	WW1, WW2, Cold War	Medium
Geography	Paper 1, 2	14 hrs	Coasts, Development, Population	Medium
Computer Science	Paper 1, 2	16 hrs	Programming, Data, Networks	Medium
Economics	Paper 1, 2	14 hrs	Supply/Demand, Market Structures	Medium
Literature (English)	Paper 1, 2	12 hrs	Poetry, Prose, Drama	Medium

Important note: The hours shown above represent total recommended revision time over the full revision period, not per week. Students taking only 5–7 subjects should redistribute time proportionally to cover fewer subjects in greater depth.

3.2 How to Prioritise Your Subjects

We recommend using the following three-tier classification system when building your personal timetable. Rate each subject honestly based on your current performance and confidence level:

TIER 1 – HIGH PRIORITY: Subjects where you are currently scoring below 60% in practice tests or where the subject carries more papers. Schedule these subjects for your peak energy windows (typically morning sessions).

TIER 2 – MEDIUM PRIORITY: Subjects where you are scoring between 60–80%. These require consistent maintenance revision. Schedule for mid-day or early afternoon sessions.

TIER 3 – MAINTENANCE: Subjects where you are scoring above 80% consistently. These need only light, regular touch-up sessions and are best scheduled for your lowest-energy periods or weekends.

Eclassopedia tutors recommend reassessing your tier classifications every two weeks throughout your revision period and adjusting your timetable accordingly. What begins as a Tier 1 subject may move to Tier 2 as your confidence grows, and vice versa.

3.3 Sciences: Specific Revision Notes

Biology, Chemistry, and Physics (the Triple Sciences) each require a dual approach to revision that many students underestimate. You must study both the theoretical content (concepts, definitions, processes) AND the practical/mathematical application:

- For Biology: Prioritise diagrams (cell structure, DNA replication, food webs) and practise writing 6-mark extended response answers
- For Chemistry: Master the periodic table, balancing equations, and understanding mole calculations — these appear across almost every paper
- For Physics: Focus on formula application, unit conversions, and drawing/interpreting graphs — examiner reports consistently highlight these as weaknesses

4. The 12-Week Master Revision Schedule

The heart of your IGCSE 2026 revision strategy is the 12-week master plan. This schedule takes you from early January 2026 through to the end of April 2026, leaving the examination period itself (May–June) as a consolidation and active maintenance phase. Below is the recommended phased approach developed by Eclassopedia's expert academic team.

Phase	Dates	Focus	Subjects	Activities
Week 1–2	Jan 5 – Jan 18	Content Review	Mathematics, English Language	Re-read textbooks, make summary notes
Week 3–4	Jan 19 – Feb 1	Content Review	Biology, Chemistry, Physics	Re-read textbooks, draw diagrams
Week 5–6	Feb 2 – Feb 15	Intensive Practice	All Sciences	Past paper questions by topic
Week 7–8	Feb 16 – Mar 1	Intensive Practice	Humanities & Electives	Essay practice, case studies
Week 9–10	Mar 2 – Mar 15	Full Mock Papers	All Subjects	Timed full past papers, mark & review
Week 11	Mar 16 – Mar 22	Weak Areas	Targeted Topics	Focus on lowest-scoring topics
Week 12	Mar 23 – Mar 29	Final Consolidation	All Subjects	Light review, formula sheets, rest
Exam Period	May – June 2026	Active Recall	Per Exam Schedule	Review notes the night before each exam

4.1 Phase One: Content Review (Weeks 1–4)

The first four weeks of your revision should be dedicated to comprehensive content review. During this phase, the goal is not to test yourself extensively but to re-familiarise yourself with the full curriculum for each subject. Do not panic if you feel you have forgotten large portions of a topic — this is entirely normal and exactly why structured revision exists.

Eclassopedia Recommended Activities for Phase One:

- Re-read your textbook chapters with active highlighting and annotation
- Create handwritten summary notes or mind maps for each major topic
- Watch Eclassopedia video lessons for topics you find confusing
- Build your personal formula/keyword reference sheets for each subject
- Use flashcard tools (Anki or Quizlet) to begin memorising key definitions

4.2 Phase Two: Intensive Practice (Weeks 5–8)

Weeks 5 through 8 mark the critical transition from passive review to active practice. This is where most marks are won or lost. The single most effective revision strategy at IGCSE level is consistent, timed past paper practice with thorough mark scheme review.

Eclassopedia Recommended Activities for Phase Two:

- Complete past paper questions sorted by topic (topic-by-topic questions are available on the CAIE website)
- Always mark your own work using the official mark scheme — do not skip this step
- Categorise your errors: Was it a knowledge gap? A misread question? A time management issue?
- For every error, write a brief correction note in a dedicated 'Error Journal'
- Focus on extended response questions in Humanities and English subjects
- For Sciences and Mathematics, drill calculation-based questions daily

4.3 Phase Three: Full Mock Papers (Weeks 9–10)

By weeks 9 and 10, you should be sitting full, timed past papers under genuine examination conditions. This means: no notes, no phone, strict time limits, and simulating the examination environment as closely as possible. Eclassopedia recommends doing this in a quiet room at the same time of day as your actual examination paper.

After each mock paper, follow the Three-Day Review Protocol developed by Eclassopedia:

9. Day 1: Mark the paper using the mark scheme. Calculate your score and identify every single mark dropped.
10. Day 2: Research every question you got wrong. Understand the concept, not just the answer.
11. Day 3: Attempt similar questions from a different past paper to confirm you have mastered the concept.

4.4 Phase Four: Final Consolidation (Weeks 11–12)

The final two weeks before the examination period should be used for consolidation, not cramming new material. Trying to learn new topics in the week before your examination will increase anxiety and interfere with the knowledge you have already successfully consolidated. Trust your preparation.

Eclassopedia Recommended Activities for Final Consolidation:

- Review your Error Journal and go through each note one final time
- Re-read your personal summary notes and formula sheets
- Complete one targeted past paper per major subject — prioritise weak areas
- Ensure all practical coursework and portfolios are submitted on time
- Prepare your examination kit: stationery, calculator, ID, water bottle

5. Weekly Timetable Templates

The following section provides printable weekly timetable templates for your use throughout the revision period. Each template is designed to cover a single week of study. We recommend printing one template per week and filling in your planned subjects at the start of each week.

How to use these templates effectively:

- Fill in each session with a specific subject AND topic — 'Biology: Photosynthesis' not just 'Biology'
- Colour-code subjects using highlighters to see the balance at a glance
- Schedule no more than 3 different subjects per day to maintain depth of focus
- Leave at least one full day per week for rest (no academic study)
- Build in buffer slots (label them 'FLEX') for catching up on delayed sessions

5.1 Weekly Revision Template — Phase 1 (Content Review)

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00–9:00 AM							
9:00–10:00 AM							
10:00–11:00 AM							
11:00–12:00 PM							
12:00–1:00 PM							
2:00–3:00 PM							
3:00–4:00 PM							
4:00–5:00 PM							
5:00–6:00 PM							

5.2 Weekly Revision Template — Phase 2 (Intensive Practice)

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00–9:00 AM							
9:00–10:00 AM							
10:00–11:00 AM							
11:00–12:00 PM							
12:00–1:00 PM							
2:00–3:00 PM							
3:00–4:00 PM							
4:00–5:00 PM							
5:00–6:00 PM							

5.3 Weekly Revision Template — Phase 3 (Mock Papers)

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00–9:00 AM							
9:00–10:00 AM							
10:00–11:00 AM							
11:00–12:00 PM							
12:00–1:00 PM							
2:00–3:00 PM							

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:00–4:00 PM							
4:00–5:00 PM							
5:00–6:00 PM							

6. Daily Study Schedule Template

A well-designed daily schedule is the engine that drives your weekly timetable. Below is the Eclassopedia Recommended Daily Routine for an IGCSE student during peak revision months (February to April 2026). This schedule assumes school attendance in the morning and revision in the afternoon and evening. Adjust according to your own school schedule and personal commitments.

Time	Activity	Details	Duration
5:30 AM	Wake Up & Morning Routine	Breakfast, freshen up, light stretching	30 min
6:00 AM	Morning Study Block 1	Subject 1 – Active Reading / Notes	90 min
7:30 AM	Short Break	Walk, water, healthy snack	15 min
7:45 AM	Morning Study Block 2	Subject 2 – Practice Questions	90 min
9:15 AM	School / Other Commitments	Classes, commute, extracurriculars	Variable
1:00 PM	Lunch Break & Rest	Eat well, short nap if needed	60 min
2:00 PM	Afternoon Study Block 1	Subject 3 – Past Papers / MCQs	90 min
3:30 PM	Break	Outdoor activity, light exercise	30 min
4:00 PM	Afternoon Study Block 2	Subject 4 – Essay / Long-Answer Practice	90 min
5:30 PM	Review & Reflection	Check answers, update tracking sheet	30 min
6:00 PM	Dinner & Personal Time	Family time, hobby, relaxation	90 min
7:30 PM	Evening Study Block	Flashcard review / Weak topic revisit	60 min
8:30 PM	Wind Down	Read fiction, journaling, no screens	30 min
9:00 PM	Sleep	Aim for 8–9 hours of quality sleep	—

6.1 Understanding Your Energy Rhythm

One of the most overlooked aspects of effective revision is aligning study sessions with your natural energy peaks and troughs. Research in chronobiology suggests that most students experience:

- Peak cognitive performance in the late morning (9:00 AM – 12:00 PM) — ideal for difficult subjects requiring deep concentration

- A natural post-lunch energy dip (1:00 PM – 2:00 PM) — best used for light reading or flashcard review
- A secondary performance peak in the late afternoon (4:00 PM – 6:00 PM) — suitable for practice questions and past papers
- Reduced analytical capacity in the evening (after 8:00 PM) — best for passive revision such as re-reading notes or listening to educational podcasts

Eclassopedia advises students to track their own energy patterns over the first two weeks of revision and personalise the schedule above accordingly. If you are a morning person, shift everything earlier. If you study better in the evenings, adjust the schedule to match your rhythm — but always prioritise getting at least 8 hours of sleep.

6.2 The Pomodoro Technique for IGCSE Students

The Pomodoro Technique is a time management method developed by Francesco Cirillo that has been shown to dramatically improve focus and reduce procrastination. It works as follows:

12. Choose one specific topic or task to work on
13. Set a timer for 25 minutes and study without any interruption
14. When the timer rings, take a 5-minute break (stand up, stretch, drink water)
15. After four Pomodoros, take a longer break of 20–30 minutes

For longer IGCSE practice questions and essays, Eclassopedia recommends using extended Pomodoros of 45 minutes with 10-minute breaks, as the nature of extended writing tasks requires more sustained focus than factual recall activities.

7. Revision Techniques by Subject Type

Different IGCSE subjects require fundamentally different revision approaches. A strategy that works brilliantly for Mathematics will be largely ineffective for History. This section provides subject-specific guidance developed by Eclassopedia's specialist tutors.

7.1 Mathematics (0580)

Mathematics is a skill-based subject. You cannot revise Mathematics by reading — you must practise calculations repeatedly. The following techniques are recommended:

- Complete at least 3 full past papers per week in Phase 2 and Phase 3
- Create a personal formula booklet and review it every morning for 10 minutes
- Focus on topic areas with the highest mark allocations: Algebra, Geometry, Statistics, and Probability
- Practice drawing and labelling geometric diagrams accurately
- Review examiner reports for the most commonly dropped marks in Number and Algebra topics
- Use graph paper for all geometry and statistics questions during practice

7.2 English Language (0500)

English Language at IGCSE tests four core skills: reading comprehension, directed writing, summary writing, and extended writing. The most effective revision strategies are:

- Read a quality newspaper article every day (BBC, The Guardian, The Economist) to maintain active reading habits
- Practice summarising articles in exactly 80–100 words to sharpen your summary writing skills
- Study 10 to 15 model answers for Paper 2 extended writing tasks, identifying the structural techniques used
- Build a bank of sophisticated vocabulary and practise using it naturally in practice writing tasks
- Focus on reading the passage carefully — many marks are lost through misreading rather than a lack of English ability

7.3 Sciences (0610, 0620, 0625)

Science subjects at IGCSE combine factual recall, practical understanding, and mathematical application. An integrated approach is essential:

- **Biology:** Create detailed annotated diagrams of all major biological processes and practise labelling them from memory
- **Chemistry:** Master the equations for all major reactions and practise calculating moles, concentrations, and yields
- **Physics:** Focus on formula triangles, unit conversions, and graph interpretation — examiner reports confirm these are high-yield areas
- For all three sciences, practise 6-mark extended response questions weekly — these require structured, comprehensive answers with correct scientific terminology

- Use the Eclassopedia topic checklist to ensure 100% curriculum coverage before your examination

7.4 Humanities (History 0470, Geography 0460)

Humanities subjects at IGCSE reward structured, evidence-based arguments. Revision strategies should focus on:

- History: Create a chronological timeline of key events for each topic and practise evaluating sources for reliability, usefulness, and bias
- Geography: Study case studies in detail — know specific facts, figures, and place names for each case study
- Both subjects: Practise structuring 8-mark and 12-mark answers using the PEEL framework: Point, Evidence, Explanation, Link
- Study past paper mark schemes carefully to understand exactly what examiners are looking for in extended answers
- Practise timed writing under exam conditions — speed and structure are as important as content knowledge

8. Progress Tracking Sheet

Consistent progress tracking is a cornerstone of effective revision. Without monitoring your performance, it is impossible to know whether your revision strategy is working or whether adjustments are needed. The Eclassopedia Progress Tracker below provides a structured framework for monitoring your advancement across all subjects throughout the revision period.

Instructions: Complete this tracker at the end of every week. Update your mock test scores with the most recent practice paper result. Confidence ratings should reflect your honest self-assessment, not your aspirational target.

Subject	Topics Done	Past Papers	Mock Score (%)	Confidence (1–5)	Target Grade	Notes
Mathematics	__ / __	—	—	—	—	
English Language	__ / __	—	—	—	—	
Biology	__ / __	—	—	—	—	
Chemistry	__ / __	—	—	—	—	
Physics	__ / __	—	—	—	—	
History	__ / __	—	—	—	—	
Geography	__ / __	—	—	—	—	
Computer Science	__ / __	—	—	—	—	
Economics	__ / __	—	—	—	—	
English Literature	__ / __	—	—	—	—	

8.1 How to Interpret Your Progress Data

Once you have been completing this tracker for three or more weeks, patterns will begin to emerge. Use the following guidelines to interpret your data:

- If your mock scores are increasing week on week: Your revision strategy is working. Maintain consistency and increase the difficulty level of past papers.
- If your mock scores are static (not improving): Review your revision technique for that subject. More hours alone will not fix a method problem. Consider booking a session with an Eclassopedia tutor.
- If your mock scores are declining: This is often a sign of fatigue or anxiety rather than declining knowledge. Prioritise sleep and wellbeing, and reduce study hours temporarily.

- If your confidence rating is 1–2 after Week 6: Flag this as a critical subject requiring intervention. Contact your teacher or an Eclassopedia specialist tutor immediately.

8.2 Setting Weekly Milestones

In addition to tracking scores, Eclassopedia recommends setting specific, measurable milestones at the start of each week. Examples of effective milestones include:

- Complete all Biology topic questions from the 2022 and 2023 past papers by Friday
- Achieve a score of at least 75% on the Mathematics Paper 4 timed mock on Saturday
- Finish annotating and memorising all History case study flashcards by Thursday
- Write two full practice essays for English Language Paper 2 this week

Milestones that are specific and time-bound are far more motivating than vague intentions such as 'revise Biology' or 'do some Maths'. The act of checking off a completed milestone at the end of the day releases dopamine in the brain, reinforcing positive study habits.

9. Wellbeing, Rest, and Burnout Prevention

Eclassopedia believes fundamentally that academic excellence and personal wellbeing are not in conflict — they are interdependent. A student who is exhausted, anxious, or burned out cannot perform to their full potential in any examination. The following wellbeing guidance is an essential part of your IGCSE preparation, not an optional extra.

9.1 The Science of Sleep and Memory

Sleep is not a passive state — it is the period during which your brain actively consolidates and encodes the information you studied during the day. Multiple studies have demonstrated that students who sleep fewer than 7 hours per night before an examination perform significantly worse than those who are well-rested, even when the sleep-deprived students spent more time studying.

During the IGCSE revision period, aim for 8 to 9 hours of sleep every night. Establish a consistent sleep schedule by going to bed and waking up at the same time each day, including weekends. Avoid screens (phones, tablets, computers) for at least 45 minutes before bedtime, as the blue light emitted by screens suppresses melatonin production and delays sleep onset.

9.2 Exercise and Cognitive Performance

Regular physical exercise is one of the most powerful academic performance enhancers available to students — and it is completely free. Exercise increases blood flow to the brain, promotes the release of brain-derived neurotrophic factor (BDNF), which supports memory formation and learning, and significantly reduces levels of cortisol (the primary stress hormone). Aim for at least 30 minutes of moderate physical activity every day during your revision period. This does not need to be intense — a brisk walk, a cycle ride, or a yoga session is entirely sufficient.

9.3 Nutrition for Academic Performance

What you eat during your revision period directly affects your concentration, mood, and cognitive stamina. Eclassopedia's recommended nutritional principles for IGCSE students:

- Eat a protein-rich breakfast every morning — protein supports sustained concentration by providing slow-release energy
- Stay hydrated — even mild dehydration of 1–2% has been shown to impair concentration and short-term memory
- Avoid excessive sugar and ultra-processed foods, which cause energy spikes followed by crashes
- Eat omega-3 rich foods (oily fish, walnuts, flaxseeds) which support brain health and cognitive function
- Limit caffeine to morning hours — consuming caffeine after 2:00 PM can disrupt your ability to fall asleep at night

9.4 Managing Examination Anxiety

Examination anxiety is entirely normal and experienced by the vast majority of IGCSE students. A small amount of anxiety is actually beneficial — it sharpens focus and boosts performance. However, excessive anxiety becomes counterproductive. The following strategies are recommended by Eclassopedia's pastoral support team:

16. **Breathwork:** Practice slow, diaphragmatic breathing — inhale for 4 counts, hold for 4, exhale for 6. This activates the parasympathetic nervous system and reduces the physical symptoms of anxiety.
17. **Reframe your thoughts:** Replace 'I can't do this' with 'I find this challenging but I have prepared thoroughly and I will do my best.'
18. **Avoid pre-exam conversations:** On the morning of an examination, do not discuss the paper with classmates — this increases anxiety without providing any benefit.
19. **Arrive early:** Being rushed before an examination dramatically increases anxiety levels. Plan to arrive at least 20 minutes before the start time.
20. **Speak to a trusted adult:** If anxiety is severely impacting your ability to study or sleep, speak to a teacher, parent, or school counsellor. You do not have to manage this alone.

10. Examination Week Strategies

The examination period itself — May and June 2026 — is not the time to learn new content. It is the time to execute the plan you have prepared throughout your revision period. The strategies in this section are designed to help you perform at your absolute best on examination day.

10.1 The Night Before Each Examination

- Review your personal notes and formula sheet for the relevant subject — limit this to 60 minutes maximum
- Prepare your examination kit the evening before (pens, pencils, ruler, calculator, eraser, ID)
- Eat a nutritious dinner and avoid heavy, rich foods that can disrupt sleep
- Go to bed at your usual time — do not stay up late trying to cram additional material
- Set two alarms to ensure you do not oversleep
- Read something light or enjoyable for 20 minutes before sleep to help your mind decompress

10.2 Examination Morning Routine

- Wake up at least 2 hours before your examination starts
- Eat a balanced, protein-rich breakfast — never sit an examination on an empty stomach
- Do light physical activity — a 15-minute walk is ideal for increasing alertness
- Review your formula/keyword sheet one final time for no more than 20 minutes
- Arrive at the examination centre early — know your room and seat in advance if possible
- Practise your breathing exercises while waiting to enter the examination room

10.3 During the Examination

Inside the examination room, your focus should shift entirely to performing on the paper in front of you. Eclassopedia's In-Exam Strategy Protocol:

21. Read all instructions carefully before writing a single word — confirm the number of questions you must answer
22. Scan the entire paper in the first 5 minutes to identify easy, medium, and difficult questions
23. Allocate your time by marks — if the paper is 80 marks in 80 minutes, budget approximately 1 minute per mark
24. Attempt questions you are confident about first to secure marks and build momentum
25. For questions you find difficult, write what you know and move on — return to them if time allows
26. In Science and Mathematics, always show your full working — method marks can be awarded even when the final answer is incorrect
27. In English and Humanities, plan extended responses with a brief bullet point outline before writing
28. Leave 5 minutes at the end to re-read and check your answers

10.4 After Each Examination

One of the most damaging habits students have during the examination period is obsessively discussing the paper with classmates immediately afterwards. This serves no useful purpose and significantly increases anxiety. Eclassopedia strongly recommends the following post-examination protocol:

- Avoid discussing the examination with classmates on the day it takes place
- Write a brief personal note about how you felt the exam went — for your own reference, not for analysis
- Eat a good meal and rest for the remainder of the day after a morning examination
- Begin light preparation for the next examination 24 hours after completing the current one
- Celebrate each completed examination — you are one step closer to the finish line

11. Eclassopedia Resources and Support

Eclassopedia is one of the world's leading platforms for IGCSE and A-Level academic support, trusted by students in over 50 countries. Our comprehensive suite of resources is designed to complement this revision timetable guide and provide students with world-class academic support at every stage of their IGCSE journey.

11.1 Our IGCSE Offerings

- **Live One-to-One Tutoring:** Personalised sessions with specialist IGCSE tutors across all subject areas, available 7 days a week
- **Recorded Video Lessons:** A library of hundreds of curriculum-aligned IGCSE video lessons, organised by subject and topic, available on demand
- **Past Paper Practice Packs:** Curated collections of past papers with detailed worked solutions for all major IGCSE subjects
- **Mock Examination Service:** Timed mock examinations marked by experienced IGCSE tutors with detailed feedback reports
- **Study Groups:** Live interactive study groups for IGCSE students, led by experienced tutors, covering high-yield examination topics
- **Revision Intensives:** Concentrated multi-day online revision courses scheduled in February, March, and April 2026

11.2 How to Book a Session

Booking academic support with Eclassopedia is simple. Visit our website at www.eclassopedia.com, create your free student account, and browse tutors by subject and availability. All sessions are conducted via our state-of-the-art virtual classroom, which includes an interactive whiteboard, document sharing, and session recording so you can review the lesson afterwards.

Our tutors are all subject specialists with at least three years of IGCSE teaching experience. Many are former Cambridge examiners who bring unparalleled insight into exactly what is required to achieve top grades. We offer a satisfaction guarantee on all first sessions — if you are not completely satisfied, your session fee is refunded in full.

11.3 Eclassopedia Community

Join thousands of IGCSE students in the Eclassopedia online community. Our moderated student forums provide a safe, supportive space for sharing revision notes, asking subject questions, and celebrating achievements. Our community is particularly active during the revision and examination period, providing peer support and motivation when it matters most.

Follow Eclassopedia on social media for daily revision tips, subject-specific content, examiner insights, and motivational content throughout the 2026 examination season. Our academic team posts regular short-form content designed to reinforce key IGCSE concepts in a memorable, accessible way.

12. Final Thoughts and Best Wishes

The IGCSE examination is a significant milestone, but it is important to maintain perspective. Your examination results are one important chapter of your story — not the whole book. Universities, employers, and life itself will ask many more things of you beyond your IGCSE grades. What truly matters in this process is that you show up each day with integrity, effort, and a genuine desire to grow and learn.

That said, Eclassopedia is absolutely committed to helping you perform to the very best of your ability in May and June 2026. The tools, templates, and strategies in this guide represent the accumulated wisdom of our academic team and the feedback of thousands of successful IGCSE graduates who have used Eclassopedia resources to achieve their goals.

Our message to every IGCSE 2026 student is simple: Start now. Start with whatever subject is in front of you. Make one session at a time. Complete one past paper at a time. Check off one topic at a time. Success in examinations is not about genius — it is about consistent, purposeful effort applied intelligently over time.

You have everything you need. Use this timetable. Follow the plan. Reach out for support when you need it. And when you walk out of your final examination in June 2026, know that you gave it everything you had.

Best of luck from the entire Eclassopedia team. We are rooting for you.

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