

HIGH FLYER SUCCESS JOURNAL

DAY 5

Theme: Performing Under Pressure

Welcome Back, High Flyer!

You've already made incredible progress on your journey towards academic excellence.

Over the past sessions, you have discovered:

- ☒ **Who** you are becoming as a learner.
- ☒ **Where** you are going through a clear academic vision.
- ☒ **How** effective learning really works.
- ☒ **How** to build study systems and habits that support long-term success.

Today, you will discover another important truth. Academic success is not only about what you know. It is also about **how well you perform when it matters most.**

Many students work hard throughout the term but fail to demonstrate what they know during tests and examinations because of fear, poor preparation, rushing, anxiety or ineffective examination strategies.

Today, you will learn how to prepare intentionally, remain calm, think clearly and perform with confidence using the **High Flyer Academic Performance Framework** and the **PERFORM Academic Performance System**.

By the end of today, you will have practical tools that you can use in every examination for years to come.

Today's Guiding Question

How can I consistently perform at my best during tests and examinations?

My Learning Goal

Today I want to improve my...

☐ Examination confidence ☐ Time management ☐ Question interpretation

☐ Accuracy ☐ Calmness under pressure ☐ Overall academic performance

Looking Back

My High Flyer Journey

Reflect on everything you have learnt so far.

Day 1

What new belief about yourself has helped you become a stronger learner?

Day 2

Which academic goal continues to motivate you every day?

Day 3

What learning strategy has helped you understand your subjects better?

Day 4

Which study habit or routine are you beginning to practise consistently?

Reflection

Looking back over the past four days...

What changes have you already noticed in yourself?

Mission Review

Building Momentum

Reflect on the missions you completed after Day 4.

Which mission(s) did you complete?

☐ My Ideal Study Routine ☐ Weekend Success Planner ☐ Retrieval Practice Record

☐ Consistency Tracker ☐ Habit Stacking Planner ☐ BUILD Commitment

What did you learn from completing these missions?

Which new study habit are you beginning to enjoy?

What challenge did you experience while trying to stay consistent?

Coach's Encouragement

Consistency prepares you for success. Today, you will learn how to turn that preparation into confident performance.

Preparing for Today

Be honest with yourself.

There are no right or wrong answers.

Statement	Yes	Sometimes	Not Yet
I usually feel confident before examinations.	☐	☐	☐
I manage my examination time well.	☐	☐	☐
I understand examination questions easily.	☐	☐	☐
I remain calm under pressure.	☐	☐	☐
I usually finish my papers on time.	☐	☐	☐
I check my work before submitting.	☐	☐	☐

Reflection

Which area needs the greatest improvement?

Coach's Encouragement

Performance is a skill. The good news is that every performance skill can be learnt, practised and improved.

Understanding Academic Performance

Why Good Students Sometimes Underperform

Many students believe that intelligence alone guarantees academic success.

It doesn't.

Every year, thousands of students leave the examination hall saying: "I knew the answers, but I just couldn't remember, "I panicked", "I ran out of time" or "I misunderstood the question."

Academic excellence is not just about learning. It is also about performing effectively under examination conditions.

Great performers prepare differently, think differently and respond differently when pressure comes. The good news is that these skills can be learnt.

Reflection

Think about your last examination.

What stopped you from performing at your very best?

- ☐ I wasn't fully prepared. ☐ I became nervous. ☐ I rushed my answers. ☐ I ran out of time.
- ☐ I misunderstood questions. ☐ I forgot what I had studied. ☐ I made careless mistakes.
- ☐ Other:
-
-

Knowledge vs Performance

Imagine two students preparing for the same examination.

Student A	Student B
Studies hard	Studies hard
Knows the content	Knows the content
Panics easily	Remains calm
Rushes answers	Thinks carefully
Doesn't review work	Reviews carefully
Makes careless mistakes	Checks for accuracy

Both students have similar knowledge. Yet one consistently performs better.

Why? Performance is a skill.

Reflection

Which student sounds more like you today?

- ☐ Mostly Student A
- ☐ Somewhere in between
- ☐ Mostly Student B

My Goal

What kind of performer do I want to become?

My Performance Check

Rate yourself honestly.

Statement	Always	Sometimes	Rarely
I stay calm during examinations.	☐	☐	☐
I understand instructions before answering.	☐	☐	☐
I manage my examination time wisely.	☐	☐	☐
I answer confidently.	☐	☐	☐
I review my work before submitting.	☐	☐	☐
I learn from previous examinations.	☐	☐	☐

Reflection

Which performance skill is my greatest strength?

Which one needs the most improvement?

The Performance Gap

The **Performance Gap** is the difference between **what you know** and **what you demonstrate during an examination**. The smaller the gap, the better your results.

Reflection

What usually creates the biggest gap between my knowledge and my performance?

Confidence Begins Before the Examination

Confidence is built through preparation.

Tick the statements that describe you.

- ☐ I revise regularly. ☐ I practise with past questions.
 - ☐ I ask questions when I don't understand. ☐ I prepare before the examination day.
 - ☐ I believe I can improve. ☐ I stay positive under pressure.
-

Reflection

Which confidence-building habit do I need to strengthen first?

Before We Build My Performance System

Complete each statement honestly.

The biggest challenge I face during examinations is...

The performance habit I most need to improve is...

After today's lesson, I hope to become a student who...

The PERFORM Academic Performance System

The PERFORM Framework

My Personal Examination Success System

The **PERFORM Academic Performance System** gives you a step-by-step approach to performing at your very best in every test and examination.

PERFORM

P – Prepare Intentionally

E – Enter Calmly

R – Read Carefully

F – Formulate Before Writing

O – Optimise Your Time

R – Review Before Submission

M – Measure and Improve

Reflection

Which PERFORM principle do I already practise well?

Which principle do I need to improve the most?

P — Prepare Intentionally

My Examination Preparation Audit

Think about how you usually prepare before a test or examination.

Preparation Habit	Always	Sometimes	Rarely
I start revising early.	☐	☐	☐
I create a revision timetable.	☐	☐	☐
I solve practice questions.	☐	☐	☐
I review difficult topics.	☐	☐	☐
I prepare all my materials beforehand.	☐	☐	☐

Reflection

Which preparation habit would improve my performance the most?

My Examination Preparation Planner

Choose one upcoming examination.

Subject	Examination Date	Target Grade

My Revision Plan

Day	Topic to Revise	Completed ✓
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Reflection

What will help me stay committed to this plan?

E — Enter Calmly

My Confidence Check

How do you usually feel before entering the examination hall?

- ☐ Calm
 - ☐ Excited
 - ☐ Nervous
 - ☐ Afraid
 - ☐ Confident
 - ☐ Uncertain
-

What usually causes my anxiety?

- ☐ Fear of failure
 - ☐ Poor preparation
 - ☐ Comparing myself with others
 - ☐ Pressure from parents or teachers
 - ☐ Running out of time
 - ☐ Previous poor results
 - ☐ Other
-

Reflection

What can I remind myself before every examination?

Coach's Insight

Confidence grows from preparation.

My Confidence Builder

Complete these positive performance statements.

I have prepared by...

I know more than I think I know because...

When I feel nervous, I will remember...

My greatest academic strength is...

My Performance Affirmation

Write one sentence you will repeat before every examination.

R — Read Carefully

Become a Question Detective

Before answering any question, ask yourself:

- ☐ What is the command word?
 - ☐ What topic is being tested?
 - ☐ How many things am I expected to do?
 - ☐ How many marks is this question worth?
 - ☐ Have I understood the question completely?
-

Practice Activity

Question:

Command Word:

Topic:

What is the examiner really asking?

Coach's Reminder

Never rush into writing before understanding the question.

The High Flyer Question Decoder

Read each command word and explain what it requires.

Command Word	What should I do?
Define	
Explain	
Describe	
Compare	
Contrast	
Analyse	
Discuss	
Evaluate	

Reflection

Which command word has confused me before?

Coach's Insight

Many students lose marks. It's not because they lack knowledge, but because they answered wrongly.

F — Formulate Before Writing

Before writing your answer, pause and think.

Use this planning template.

Question:

My Key Points

1.

2.

3.

My Best Answer Structure

Introduction

Main Points

Conclusion

Reflection

How does planning first improve the quality of my answer?

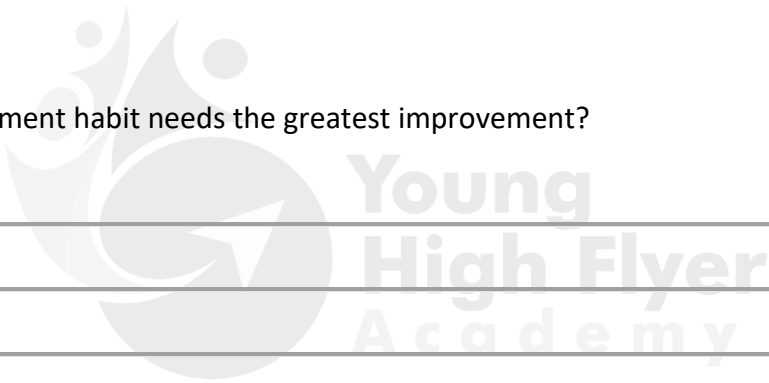
O — Optimise Your Time

My Time Management Audit

Statement	Yes	Sometimes	Not Yet
I divide my time wisely.	☐	☐	☐
I avoid spending too long on one question.	☐	☐	☐
I leave time for review.	☐	☐	☐
I keep track of time during exams.	☐	☐	☐

Reflection

Which time management habit needs the greatest improvement?



Coach's Reminder

Time lost during an examination cannot be recovered. Plan every minute wisely.

R — Review Before Submission

My Final Five-Minute Checklist

The last few minutes of an examination can make the difference between a good grade and an excellent one.

Before submitting my paper, I will always check:

Review Checklist	✓
I answered every required question.	☐
My answers match the questions asked.	☐
I corrected careless mistakes.	☐
My calculations are accurate.	☐
My spelling and grammar are clear.	☐
My handwriting is neat and readable.	☐
I numbered every answer correctly.	☐

Reflection

Which item do I forget to check most often?

Coach's Reminder

Never finish an examination without reviewing your work. Many extra marks are earned during the review stage.

My Review Routine

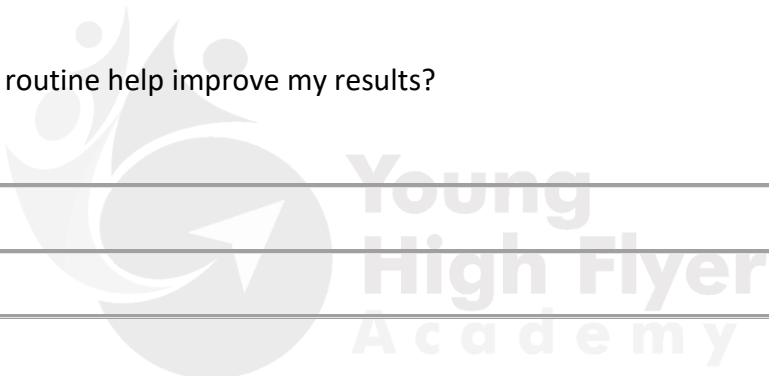
Imagine you have **10 minutes left** before the examination ends.

How would you use those final minutes wisely?

Time Remaining	What I Will Do
Last 10 Minutes	
Last 5 Minutes	
Last 2 Minutes	

Reflection

How will this review routine help improve my results?



Coach's Insight

Excellent performers don't simply finish. They finish well.

M — Measure and Improve

Every Examination Is Feedback

An examination is not the end of your learning.

It is an opportunity to discover:

- What you understand well.
- What needs more practice.
- Which strategies worked.
- What you should improve before the next assessment.

Students who improve the fastest are those who learn from every examination experience.

Reflection

After my next examination, I will ask myself:

What did I do well?

What mistakes did I make?

What will I improve next time?

Coach's Reminder

Every examination is a teacher if you are willing to learn from it.

My High Flyer Performance Review

Complete this after every test or examination.

Subject

Score

Target Score

Rate Yourself

Performance Area	Excellent	Good	Needs Improvement
Preparation	☐	☐	☐
Confidence	☐	☐	☐
Time Management	☐	☐	☐
Question Interpretation	☐	☐	☐
Accuracy	☐	☐	☐
Review	☐	☐	☐

My Biggest Lesson

PERFORM Self-Evaluation

Rate yourself honestly.

PERFORM Principle	1	2	3	4	5
Prepare Intentionally	☐	☐	☐	☐	☐
Enter Calmly	☐	☐	☐	☐	☐
Read Carefully	☐	☐	☐	☐	☐
Formulate Before Writing	☐	☐	☐	☐	☐
Optimise Your Time	☐	☐	☐	☐	☐
Review Before Submission	☐	☐	☐	☐	☐
Measure and Improve	☐	☐	☐	☐	☐

Reflection

Which PERFORM principle would have the greatest impact on my academic performance if I improved it consistently?

Coach's Insight

Improvement begins when you honestly evaluate yourself and intentionally work on your weakest areas.

My PERFORM Commitment

Complete this personal commitment.

This week I commit to...

Preparing intentionally by:

Entering every examination calmly by:

Reading every question carefully by:

Planning my answers before writing by:

Managing my examination time by:

Reviewing every paper before submission by:

Learning from every examination by:

High Flyer PERFORM Affirmation

I understand that excellent performance is built through preparation, confidence and discipline.

I choose to prepare intentionally.

I choose to remain calm under pressure.

I choose to think before I write.

I choose to manage my time wisely.

I choose to review my work carefully.

I choose to learn from every examination experience.

I do not fear examinations. I prepare for them.

I perform with confidence.

I perform with excellence.

I am a High Flyer.

My High Flyer Examination Success System

Great performance doesn't happen by accident.

It is the result of having a system that you follow consistently before, during and after every examination.

Today, you will begin designing your own **High Flyer Examination Success System**.

My Personal Examination Success Formula

When I prepare well, remain calm and follow my system, I am more likely to perform at my best.

Complete the sentence:

My examination success depends on...

Reflection

Which part of PERFORM will make the biggest difference to my results?

Coach's Reminder

Systems reduce stress because they remove uncertainty.

My Pre-Exam Success Checklist

Complete this checklist before every examination.

Before My Examination	✓
I have completed my revision.	☐
I have practised past questions.	☐
I packed all required materials.	☐
I know the examination time and venue.	☐
I slept well the night before.	☐
I ate a healthy meal.	☐
I arrived early.	☐
I am mentally prepared.	☐

Reflection

Which item do I usually neglect?

My Revision Priority Planner

Not every topic requires the same amount of attention.

Prioritise wisely.

Subject	Easy	Needs Practice	Difficult
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐

My Top Three Revision Priorities

1.

2.

3.

Coach's Insight

Excellent students spend more time improving their weak areas than repeating what they already know.

My Examination Time Planner

Every minute has value. Imagine your examination lasts **2 hours**.

How will you use your time?

Activity	Minutes
Reading Instructions	
Planning Answers	
Answering Questions	
Reviewing My Work	

Reflection

How will planning my time help me avoid rushing?

My Confidence Routine

Confidence begins before you enter the examination hall.

Create a routine you can follow every time.

Before the Examination

I will...

During the Examination

I will...

If I Begin to Panic

I will...

My High Flyer Performance Toolkit

Every successful student has practical tools that support excellent performance.

Tick the tools you will intentionally use.

- ☐ Revision timetable
- ☐ Practice questions
- ☐ Formula sheets
- ☐ Flashcards
- ☐ Summary notes
- ☐ Mind maps
- ☐ Retrieval practice
- ☐ Performance affirmations
- ☐ Time planner
- ☐ Review checklist

Reflection

Which three tools will become part of my permanent examination routine?

Preparing for Unexpected Challenges

Sometimes examinations don't go exactly as planned.

How will you respond?

Situation	My High Flyer Response
I forget an answer.	
A question looks difficult.	
I become nervous.	
I make a mistake.	
Time is running out.	

Coach's Insight

Successful students prepare for challenges before they happen.

My Examination Reflection Planner

After every examination, take a few minutes to reflect.

Subject

Date

Three Things I Did Well

1.

2.

3.

Three Things I Will Improve

1.

2.

3.

Reflection

How will these lessons improve my next performance?

My Personal Performance Standards

High Flyers don't leave excellence to chance.

They establish standards they refuse to compromise.

Tick the standards you will adopt.

- ☐ I will prepare early.
 - ☐ I will arrive on time.
 - ☐ I will stay calm.
 - ☐ I will read every question carefully.
 - ☐ I will manage my time wisely.
 - ☐ I will review every paper.
 - ☐ I will learn from every result.
-

My Personal Standard

The one performance standard I will never compromise is...

My Examination Success Blueprint

Bring everything together.

Before the Examination

During the Examination

After the Examination

My Success Promise

I will follow my High Flyer Examination Success System in every test and examination because...

Breaking Performance Barriers

Identifying My Performance Barriers

Every student faces obstacles during examinations.

The difference is that successful students learn how to overcome them.

Take a moment to identify the barriers that affect your performance most often.

My Performance Barrier Audit

Tick every challenge that applies to you.

- ☐ Fear of failure
- ☐ Examination anxiety
- ☐ Forgetting what I studied
- ☐ Poor preparation
- ☐ Poor time management
- ☐ Misreading questions
- ☐ Careless mistakes
- ☐ Comparing myself with other students
- ☐ Losing confidence during the examination
- ☐ Giving up on difficult questions
- ☐ Negative self-talk
- ☐ Other:

Reflection

Which performance barrier affects me the most?

Why do I think this happens?

Replacing Fear with Confidence

Fear tells you:

"I can't do this."

Confidence reminds you:

"I have prepared for this."

Complete the table.

Fear Says...	My High Flyer Response...

My Confidence Statements

Write three statements you will say before every examination.

1.

2.

3.

Coach's Reminder

Confidence is not pretending you know everything. It is trusting your preparation and giving your best effort.

When Pressure Builds...

Pressure is normal.

Even top-performing students feel nervous before important examinations.

The difference is how they respond.

My Pressure Management Plan

When I notice that I am becoming anxious, I will...

- ☐ Pause before reacting.
- ☐ Take slow, deep breaths.
- ☐ Read the question again carefully.
- ☐ Focus on one question at a time.
- ☐ Remind myself that I have prepared.
- ☐ Ignore what other students are doing.
- ☐ Keep moving forward.

Reflection

Which of these strategies will help me most?

My Personal Calm Routine

Before every examination I will...

Turning Setbacks into Comebacks

Every examination teaches a lesson. Sometimes you celebrate your results or learn from them.

Either way, you keep growing.

Looking Back

Think about a disappointing result you have received.

Subject

What happened?

What did I learn?

What will I do differently next time?

My High Flyer Growth Promise

One setback will never define my future because...

A poor result is not proof that you cannot succeed. It is feedback that shows you where to improve. Every High Flyer grows stronger by learning from every experience.

7-Day Performance Challenge

Performance is built through deliberate practice and not by waiting for the next examination.

For the next seven days, challenge yourself to apply one **PERFORM** principle every day. Small, consistent actions will strengthen your confidence and prepare you for future assessments.



My 7-Day Performance Challenge

Day	Today's Challenge	✓
Day 1	Create a revision plan for one subject.	☐
Day 2	Complete 20–30 minutes of focused revision without distractions.	☐
Day 3	Practise answering five past examination questions.	☐
Day 4	Use the High Flyer Question Decoder on three different questions.	☐
Day 5	Complete a timed mini-test and review your answers.	☐
Day 6	Practise your Confidence Routine before studying.	☐
Day 7	Complete a High Flyer Performance Review and identify one area to improve.	☐

Reflection

Which challenge do I think will help me improve the most?

My Weekly Performance Reflection

At the end of the challenge, answer these questions.

What did I complete successfully?

Which challenge stretched me the most?

What new performance habit have I started building?

What will I continue doing after this challenge?

Coach's Encouragement

One week of intentional improvement can begin a lifetime of confident performance. Keep practising, keep improving and keep believing in your ability to succeed.