



FDOQ

Part 1

5 Tips: How To

**stay focused while
studying for EPA!**

Making your EPA preparation
easier!



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Make a plan

Get a head start and map out a schedule. Whether it's reading, researching, writing or revising, be sure to give yourself a target to achieve at the end of each week, that way you'll know you're on track.

Use a calendar or a diary. This will remind you as to how many days you've got to study and what days to study a certain topic.

TO
DO
LIST:



2

Take breaks

Take regular breaks after practicing the elements of your EPA. Studies have shown that productivity increases when taking breaks between revising. You're more likely to remain focused and keep your brain engaged on the subject at hand.

Let's say you've spent 45 minutes revising for your upcoming Knowledge Test, take a 15 minute break and get back to it.



3

Set clear, precise goals

* A key motivator of focus involves setting up goals for yourself. This could be something you want to improve or a develop on. For example, for a Baker EPA a goal of yours might be "I want to improve on producing a pastry product to specification using the manual or mechanical process". Setting goals is taking many steps forward in preparation for your EPA.

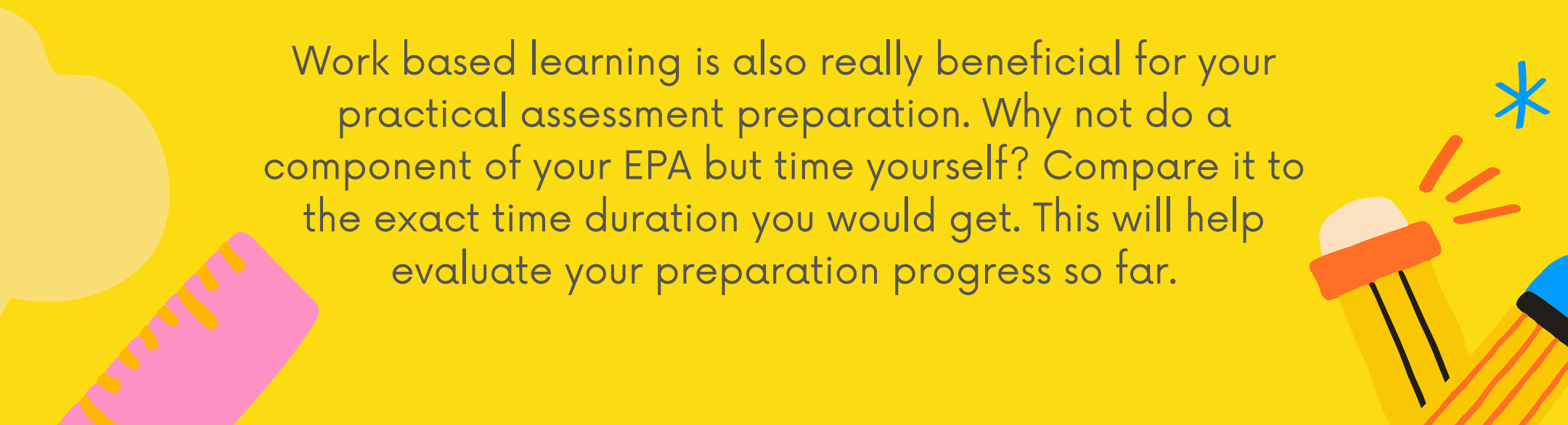


4

Test yourself and evaluate

Practice makes perfect, a common saying we know... but it works! For your Knowledge Test why not try one of FDQ's sample papers? You can request this from your training provider.

Work based learning is also really beneficial for your practical assessment preparation. Why not do a component of your EPA but time yourself? Compare it to the exact time duration you would get. This will help evaluate your preparation progress so far.





5

Check assessment criteria

Checking grading criteria is a good way to find out areas that you may be less confident in or may feel improvement is needed. Spotting these areas early, will give you time to revise and practice before your EPA day.

Clearly communicate to your employer, training provider or mentor any support you may need. Additionally, booster your knowledge by referring to the learning material you've gained along your apprenticeship journey. This could help move your focus to fulfill the areas you wish to improve.

Prepare with
PART 2

