

# CREATING AN OC TEST PREP PLAN



The following pages are sample plans that you can use as starting points. Each one has a different intensity of practice, depending on how far away the test is.

Your child is the best person to determine the level of preparation and how far in advance they want to start. Each child is an individual with their own distinct needs and approach. Generally, the most productive way to prepare is to let your child steer the ship while you provide navigational guidance.

In practice, this means that you can help identify the pros and cons of any given plan, while your child makes the decision about how they will spend their time. Here are some things for them to consider:

## **Marathon or sprint?**

Starting earlier gives your child more time to understand their current level and is generally less stressful, but requires maintaining a schedule for longer. Starting later is more intense and helps them focus quickly on what they need most, but might give them less time to feel really confident.

*Would you rather start practising a little bit each day for a longer time, or would you prefer to do more intensive practice closer to the test?*

## **Daily doses or weekly workouts?**

Some children work well with regular short practice sessions, whilst others prefer longer sessions less often. Consider whether your child likes knowing exactly how they're progressing or if tracking progress makes them anxious.

*Would you rather do a little bit of practice every day, or longer practice sessions a few times a week? Do you like knowing how well you're doing, or would you rather just focus on getting better without worrying about scores?*

## **Holiday rest or holiday prep?**

Starting 6 or 9 months before the test will give you prep time during the summer holidays. Starting 3 months before means all preparation happens during school term, which requires juggling OC practice with regular homework and school activities.

*Would you prefer to start your OC practice during the summer holidays when you have more time, or are you happy to fit it all in around school and homework?*

# THE 9 MONTH OC TEST PREP PLAN

STEADY



9 months is an ideal amount of time to prepare! It gives your child plenty of time to gradually build up their confidence across all three types of tests without feeling rushed. This calendar also takes the summer holidays into account as this period is likely to be busy with other commitments. It's important to remember that preparation is not the only thing on your child's plate! Taking considered breaks at the right time is a good thing.

## SET THE FOUNDATION

### SEPTEMBER 2025

#### Set a baseline

- Get familiar with the OC program, and the placement process
- Discuss if OC aligns with interests and goals
- Diagnostic test to establish baseline

### OCTOBER 2025

#### Build digital familiarity

- Set up a dedicated study space with good lighting and minimal distractions
- Practice reading on screens rather than paper
- Mini-tests on weakest areas (as identified in the diagnostic)

### NOVEMBER 2025

#### Establish routines

- Build a weekly calendar routine, e.g.
  - 20 mins/3x week
  - Review questions and explanations
  - Identify target areas to improve
- Submit OC application

## DEVELOP CORE SKILLS

### DECEMBER 2025

#### Maintain momentum

- Consistent practice with flexible timing to accommodate family plans
- Focus on strongest areas to build confidence
- Do fun, educational activities that reinforce OC skills (puzzles, brain games, crosswords)

### JANUARY 2026

#### Holiday balance

- Reduce practice frequency to allow for summer holiday activities and family time
- Introduce longer practice sessions to gradually build stamina, e.g.
  - 30 minutes/2x week

### FEBRUARY 2026

#### Take full-length tests

- Take two full-length practice tests to build stamina and test familiarity (1x/fortnight)
- After each test, review questions and explanations in detail
- Identify specific areas of improvement

## INTENSE FOCUSED PRACTICE

### MARCH 2026

#### Intensify practice

- Balance targeted skills practice with regular full-length tests to build depth and stamina
- Practice under strict test conditions
- Track improvement patterns to focus remaining preparation time

### APRIL 2026

#### Final preparation

- Take multiple full-length practice tests to perfect timing and build confidence
- Review challenging concepts and avoid new material
- Establish test day plan (bedtime, morning routine, relaxation techniques)

### MAY 2026

#### Ace the test

- Rest well leading up to test weekend – avoid intensive practice
- Pack and prepare – (review location, time, favourite pencils and comfy clothes!)
- Trust the preparation and have a positive mindset

# THE 6 MONTH OC TEST PREP PLAN

ACCELERATED



6 months provides focused preparation time that balances thorough skill development with efficient use of time. This timeline requires more concentrated effort but still allows for steady confidence building across all three test areas. The plan accounts for the summer holidays while maintaining forward momentum toward test day success.

## SET THE FOUNDATION

### DECEMBER 2025

#### Confirm OC plan

- Get familiar with the OC program and placement process
- Discuss if OC aligns with interests and goals
- Take diagnostic test to establish baseline
- Submit OC application

### JANUARY 2026

#### Build digital familiarity

- Set up dedicated study space with good lighting and minimal distractions
- Practice reading on screens rather than paper during holiday downtime
- Take multiple mini-tests on weakest areas with flexible timing to suit family plans

## TARGET KEY AREAS

### FEBRUARY 2026

#### Establish routines

- Build consistent practice schedule as school returns, e.g. 30 minutes/3x week
- Take full-length practice test to build stamina
- After testing, review questions and explanations together
- Identify target areas to improve

### MARCH 2026

#### Intensify practice

- Balance targeted skills practice with regular full-length tests to build depth and stamina
- Practice under strict test conditions
- Track improvement patterns to focus remaining preparation time

## FINAL READINESS

### APRIL 2026

#### Final preparation

- Take multiple full-length practice tests to perfect timing and build confidence
- Review challenging concepts without introducing new material
- Establish test day routines (sleep schedule, morning routine, relaxation techniques)

### MAY 2026

#### Ace the test

- Rest well leading up to test weekend – avoid intensive practice right before the weekend
- Prepare test day logistics (location, time, favourite pencils and comfy clothes!)
- Trust the preparation and approach test day with a positive mindset

# THE 3 MONTH OC TEST PREP PLAN

INTENSE



3 months is a short and focused preparation window that requires concentrated effort and strategic prioritisation. This accelerated timeline requires establishing routines fast. The plan maximises impact by targeting the most critical skills and test familiarity needed for success on test day. It assumes OC application submission and preferred school selection.

## RAPID FOUNDATION

### MARCH 2026

#### Establish baseline and calendar

- Take diagnostic test and begin targeted practice on weakest areas
- Set up study space and practice reading on screens
- Establish a consistent routine for mini and full-length tests, e.g. 2x mini, 1x full/week
- Track weekly improvement patterns to focus remaining preparation time

## INTENSIVE PRACTICE

### APRIL 2026

#### Master test conditions

- Take multiple full-length practice tests to perfect timing and build confidence
- Review previously answered test questions and understand explanations
- Establish test day routines (sleep schedule, morning routine, relaxation techniques)

## FINAL READINESS

### MAY 2026

#### Ace the test

- Rest well leading up to test weekend – avoid intensive practice right before the weekend
- Prepare test day logistics (location, time, favourite pencils and comfy clothes!)
- Trust the preparation and approach test day with a positive mindset