



## PREPARE YOURSELF

### 1. TAKE CARE OF YOURSELF

- Make sure you get enough sleep (a minimum of 8 to 9 hours is recommended)
- Keep a balanced diet
- Keep up regular exercise, even simple walking
- Stay hydrated with water

### 2. PLAN YOUR REVISION

- Create a revision timetable to do a little revision each day
- Create revision resources that you can use to revisit topics
- Plan breaks in your revision
- Look over previous exam papers to identify patterns in questions
- You can either practise writing answers to time or practise planning answers
- Focus on learning the topic before revising it

## IN THE EXAM

### 3. ANSWER THE CORRECT QUESTIONS

- Read any instructions carefully (twice is advised)
- Don't answer too many when there is a choice and don't answer too few because you run out of time
- Answering a question, even in part, will give you more marks than not answering it at all

### 4. ANSWER THE QUESTION ASKED

- Not the question you think you were asked and not the question you wish you had been asked
- Pay attention to the question rather than writing everything you know about
- Highlight key words in the question to help you when looking back at it

### 5. TAKE YOUR TIME

- Give yourself planning time
- You don't have to spend the whole time writing. You can spend time thinking
- Good exam answers are not always long answers

### 6. YOU CAN'T MEMORISE EVERYTHING

- Once in the exam concentrate on what you know not what you don't know and be resilient when you face a challenge

### 7. DON'T PANIC IF YOU GET STUCK

- Take your time
- Take some deep breaths
- Brainstorm or just write associated words to the topic rather than sit doing nothing
- If needed move on and come back to it before the end

### 8. LEARN TO USE YOUR BREATH

- Using your breath can soothe and calm you
- It is impossible to be relaxed and anxious at the same time
- Focus on breathing out rather than breathing in, breathing out smoothly, slowly but without strain (Breathe in through your nose and out through your mouth)

## AFTER THE EXAM

### 9. DON'T TALK ABOUT THE EXAM

- Talking to others about the exam immediately before or after isn't likely to be helpful. Others' anxiety can be infectious. Everyone prepares and reflects differently
- There can be many different approaches to the same question. Once your paper is handed in, let it go!

### 10. GIVE YOURSELF A TREAT AFTER THE EXAM

- Once the exam is over give yourself time to do something you enjoy as a reward at the weekend: sit in the sun, go for lunch with friends, go to the cinema, have a manicure, watch TV, listen to music, play sport or have some your time
- Let go of the exam - enjoy the present moment rather than dwelling on the past