



## TOP TIPS FOR STUDENTS

### Before the exam:

- **TIMETABLE:** Know your exam timetable. Put your exam timetable up on your wall/ write them into a calendar.
- **BE ORGANISED:** Know where and when you need to be each day and plan to get there early - leave plenty of time for last-minute crises.
- **EAT BREAKFAST:** Make sure that you eat breakfast or take a banana or other energy giving food if you really can't eat in the morning. Also allow time for your brain to wake up - have a shower or a relaxing bath.
- **EQUIPMENT:** Make sure you have EVERYTHING you will need. Calculator, ruler, pencil, pen etc. Also take a pen you enjoy writing with - it will improve your performance.
- Keep to your normal routine - go to bed and get up at the normal time.
- Keep anxieties at bay by repeating to yourself 'It will be fine'. 'It will all be over tomorrow by three', or whatever works for you. If you have worried thoughts say to yourself 'STOP', and think of something positive.
- Visit the toilet before the exam begins.
- **WATER:** Take water into the exam if you can and sip it throughout - your retention and concentration will be up to 70% better if you are well hydrated.
- **TRY NOT TO WORRY** if you feel that you can't remember anything at all before you go into the exam - if you have revised, **the information will be there and will come back.**

### During the exam:

- Remember that **nervousness is normal** and gives your brain extra adrenalin which will help you to make the final effort.



- **Take one or two deep breaths** and tell yourself something positive, such as 'I can handle this', or, 'If it's hard for me it will be hard for other people too'.
- If your mind goes blank at any stage, don't panic. Turn the paper over and take three deep breaths. There will be some of the paper that you can do. **Reread it slowly and calmly.**
- Remind yourself of the exam structure. **READ the instructions and then through the paper.** Don't pick up your pen until you have done this.
- If appropriate, mark the questions that you think that you will answer and check again that you have marked the correct number of questions for each section.
- If appropriate, spend 5 minutes at the beginning of the exam writing down any key formulae, facts or quotes that you are going to need so that you won't forget them or leave them out.
- In exam papers where there are several questions to answer, work on those that you are most confident about first, and then tackle the harder ones. **Do not spend too long on one question - you can come back to it if you have time.**
- Allow a few minutes at the end of the exam to check through your work and make any changes. Examiners say that you can up your score by one whole grade by doing this.

GOOD LUCK 😊