

Exam Preparation Tips!

The weeks/days before your exams:

1. Eat a healthy breakfast...try to have a bowl of cereal each morning; preferably a cereal that contains bran (high energy)
2. Drink at least 4 pints of water a day
3. Eat plenty of fruit and vegetables
4. Drink fruit juices or smoothies
5. Get at least 8 hours sleep per night!
6. Take time out! Go for a walk!
7. Meditate...focus on your breathing...breathe in slowly through your nose 10 times and release slowly through your mouth...this will help to calm down the nerves if you become panicked.

The night before your exam:

1. Follow the instructions above!
2. Go to bed early and make sure that you unwind beforehand.

The day of the exam:

1. Read the paper carefully
2. Choose the questions that you will answer and only answer the required number of questions
3. Start with your best question first
4. Do not go over the time
5. Spend the required time on each question
6. Do not panic...if you do not know the answer to part of the question, leave a space and come back to it later but remember to come back to it!
7. Stay for the required time in the exam hall!!!!
8. Do not do a post-mortem of the paper...you have done your best!

Good Luck!