

## Exam time can be stressful – but on a positive note...

It is only a small part of your life and won't last forever!!

A small amount of pressure can be useful to keep you focused during exam time.

Use the exams to your advantage. They can inform you where your strengths are and where there may be gaps in your knowledge. This could be useful for future exams.

### **Set up good study habits**

- Have an uncluttered space to work with ready access to any materials you need.
- Are there past test papers you can look at to help you understand what to expect?
- Ask your teacher if you are unsure of what to expect or what will be tested.
- Make 'mind maps' and use them to collect ideas and summarise thoughts, use bright colours to help remember important links.
- Make a clear study plan of what you want to cover in each study period. Break it down into small tasks and work on one task at a time.
- Take regular short breaks of about 5 minutes to have a drink or something to eat.
- Ask for help sometimes.

### **Practical ideas to help with study**

- Stick to a routine of going to bed at a reasonable time, eating regularly and still making time to have fun and exercise.
- Cut back on coffee or any other stimulants and drink lots of water instead.
- When you eat, relax and allow yourself time rather than carrying on with work.
- Fresh fruit, vegetables, cereals, grains, nuts and protein are all good for the brain and blood sugar levels. Eat as you become really hungry because it keeps blood sugar and hydration levels steady. Avoid junk food if possible because it will bring a sudden sugar high and then fall away quickly leaving you feeling depleted.
- Give yourself mini rewards once you achieve your study goals, such as watching an episode of your favourite Television show or going for a run.

## Relaxation ideas to help with study

- Go out for a walk or run or do some other exercise that you enjoy.
- Put on some gentle music, lie down, close your eyes and breathe deeply while visualising a calming scene such as a deserted beach.
- Give yourself enough time to relax before you go to sleep. Reading a book or chatting to a friend for a while may help you unwind.
- Visualise success as this can really help with self-confidence.

## Ideas for exam day

- Work out and organise what you need to take with you into your exam the night before.
- If you feel yourself getting anxious just before your exam then spend some time focussing on your breathing. Practise beforehand (it could be as you lie down in bed) so that you learn how to slow down your breathing. Breathe in to a count of three and then breathe out to a count of three. Repeat this steadily for a few minutes.
- On exam day, keep away from other people who may be feeling anxious or who may say unhelpful comments that make you feel more anxious.
- When you first sit down to do your exam, take time to slow your breathing and relax.
- Read through the exam paper carefully noting key words and instructions. Work out how long you have for each question or section.
- Watch out for the wording of questions – make sure that you answer what is being asked.
- Work on the questions that you find easiest first.
- Aim to have time to re-read answers through and make any changes that are necessary.

Remember when you finish your exam – take time out to relax a bit before you start preparing for the next exam – go for a run or have a chat with a friend!

Handy tips from



1800 55 1800, 24 hours a day, 7 days a week.