

## Before your exams:



- Know your exam timetable well (highlight your exams on your timetable, a wall chart or this booklet)
- Know where and when you need to be each day and plan to get there early. Leave plenty of time for last minute crises.
- Allow time for your brain to wake up – have a shower or a relaxing bath and eat breakfast (or take a banana or other energy giving food if you really can't eat in the morning).
- Before the exam, check the exact subjects you will be asked about and be familiar with the structure and marking system of the exam.
- Make sure you have everything you need, including spares and any notes or books you are allowed to take in. Make sure these are in the correct format eg. type –written or handwritten, 1 page or 2?
- Take a pen you enjoy writing with – it will improve your performance no end, and take at least one spare.
- Keep to your normal routine – go to bed and get up at the normal time.
- Don't stay up really late the night before trying to cram for the exam – you will need the sleep to help your brain concentrate properly the next day.
- Visit the loo before the exam.
- Take water into the exam and sip it throughout – your concentration will be up to 70% better if you are well hydrated.
- Don't 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!

