EXAM SUCCESS

Good Night's Sleep

It is incredibly important to get enough sleep the night before an exam. Your mind will be rested and it will be easier for you to focus.

Drink Water

Staying hydrated is an easy way to improve your concentration. Remember to bring a (clear) bottle of water with you to the

Eat Something

Make sure you eat breakfast / lunch before the exam. Your brain needs the energy from food to work efficiently. If you really can't face food, try a smoothie.

Get Organised

Make sure you have everything you need for the exam(s) that you are taking – organise your pencil the case the night before.

Stay Calm

If you find you are becoming nervous or anxious, take some deep breaths and take a moment for your body to relax before starting or moving on to the next question.

Read The Question

Don't rush through the exam. Make sure you read all the questions and read each question at least twice before starting your answer.