

Top 8 tips for exams

Get a good Night's sleep

Getting enough sleep is crucial. Stop revising in good time, go for a walk and tuck then yourself in.



Get organised

Make sure you have everything you need the night before. Pack a clear pencil case with at least 5 black pens, with pencils, rulers and the pens. Don't forget a calculator or technical kit if you need them for the exam



Eat a meal beforehand

Remember to have a good breakfast or lunch before the exam to help you concentrate. Have a balanced meal—not just toast or similar.



Arrive at the Exam early

Give yourself plenty of time to get to the venue so that you have time to relax. Do not speak to anyone about the questions or subject before you go in. get your game head on!



Drink water

Take a bottle of water to the exam with you.

Use a sports bottle cap to reduce the risk of spilling water on to the exam paper



Stay calm

Sometimes easier said than done. Remember to take deep breaths if you find yourself getting nervous,

remind yourself that you have prepared and that everyone is nervous



Read the question

Take the time to read through each question twice.

Highlight command words, underline key terms, check the marks and go back over the question.



Leave time to go through your paper

check your answers at the end, especially early questions where adrenaline was working overtime.

