

## Tips for Exam Success

### **Overcome Exam Fear - Be a Conqueror**



When you're getting a bit stressed about an exam - it just means that you really care about the result you will get.

This can be a good thing if it pushes you into working extra hard as you try to get a good score.

### **Choose a Good Study space**

Create a pleasant study environment which is comfortable, less noisy with plenty of fresh air.

### **Prepare Realistic Study Timetable**

Don't try to do too much work each day. Make a realistic timetable and stick on to it.

Begin with something small to have an easy start e.g. a couple of short questions from a past paper, once you get started you will find it easier to keep going.



If you find your concentration is better in the morning tackle the subjects you find most difficult then and do tasks that are less strenuous later.

Allocate your time across all your subjects. It is better not to avoid the subjects you find difficult.

### **Relax Yourself**



This is really important; you should give yourself plenty of short breaks as you revise, this keeps you fresh for longer, and so you can learn more.

Get plenty of sleep: Try to keep your sleep routine as regular as possible. A good sleep is very important to keep your mind fresh and relaxed.

Smile more often. It helps relax your face muscles.

## Time for yourself



Leave enough time in your revision for some fun. You will need to put your books down and do something you enjoy for a while. It will help you stay relaxed.

## Eat More Vegetables and Fruits

Make sure your diet includes plenty of fresh fruit and vegetables. Drink juice or water. Avoid tea or coffee.



## Exercise Daily



*Do some exercise:* It's a fantastic stress buster. Go running, play a sport, or just take a walk around the block. You will feel more relaxed.

*Yoga and Meditation:* These are proven and simple techniques that help you reduce stress. Doing Meditation and Yoga in early morning helps keep you relaxed throughout the rest of the day.



## Believe yourself and don't compare with others



It is better not to compare your abilities with your classmates. Everyone approaches revision in different ways, so just make sure you've chosen the method that works best for you.

## On the Day of Exams get a Good Start

- Keep your mind calm on the day of your exam.
- Ensure your required stationery is packed.
- Have a simple breakfast.
- Drink enough water.
- Arrive ahead of time but not too early
- It's good to recollect than to discuss what you studied

### Keeping the Pace

- Breathe deeply. Tell yourself how well you are doing. Be positive
- Always start by answering the questions to which you know the answer.
- If your mind goes blank in an exam, do not worry, just sit back, close your eyes and take a few deep breaths to calm yourself. Read the question again or move onto the next one.
- If the question paper is tough, then it is so for your peers too. Do not get nervous.



### After each exams

- Vision your success and prepare yourself for the next day.
- Relax as much as you can and try to engage with pleasant activities
- Steer clear of any exam post-evaluation.

**The ROSE rule** – This simple rule covers the four things, you need to do during exam time:

- Relax, Revise and Recap
- Organize time and study
- Sleep and rest well
- Eat healthy

"If you follow the ROSE rule then your life ahead will be a bed of roses" – A wise Man.

To Sum up, never deviate from your routine, keep the allotted time for revisions and reviews and set some time for relaxation activities. Once you are in your comfort zone, your focus will be sharper and concentration will be much better.

**Best of Luck**

