

Tips for exam success

Preparation the night before and the morning of the exam

Prepare equipment the night before	<ul style="list-style-type: none">• Prepare your exam equipment the night before, including spare pens and pencils.• Sharpen your pencils, check that your pens work.• Check whether you need special equipment such as a calculator, protractor etc. If you are not sure whether you need it or not, take it anyway - it is better to have it and not use it than not have it and need it.• Make sure it is all in a clear container such as a sandwich bag.
Get a good night's sleep	<ul style="list-style-type: none">• Build in some relaxation time after you have finished revising. Avoid using your phone, tablet or computer games for this as the light from the screen will stimulate your brain rather than relax it. These devices should be switched off half an hour before you intend to fall asleep.• Avoid caffeine.• Keep to a routine. Go to bed and get up at the same time each day.
When you wake up	<ul style="list-style-type: none">• Set your alarm to give you plenty time to wake up and get ready without rushing. Being on the last minute can cause unnecessary worry.• Open the curtains as soon as you wake up - the daylight will help to wake your brain up.• Get to school early and take advantage of any pre-exam sessions that may be provided.• Catch the early bus. Arriving on the last minute is not a good start to an exam.

Eat well	<ul style="list-style-type: none"> • Eat an 'exam success' breakfast. Definitely don't skip breakfast. • Eat something that will keep your energy levels consistent throughout the morning such as toast (preferably brown or granary bread), cereal and fruit. • Avoid sugary foods and energy drinks. These will have a negative effect on your blood sugar levels throughout the morning which can affect your ability to focus and concentrate during the exam. • Avoid caffeine. • Keep hydrated but don't drink loads of water - you don't want to be needing lots of toilet breaks during the exam.
Be active	<ul style="list-style-type: none"> • Gentle exercise such as a short walk the night before or on the morning of the exam can be helpful but don't over-exert yourself.
At School	<ul style="list-style-type: none"> • Sort your belongings out as soon as you get there. Put your bag in your locker and take out your exam equipment. Leave your phone and smart watch locked up in your locker. • Check your seat number before you go to the exam room. • Go to the toilet. • Try to stay calm. Avoid engaging in nervous conversations with your friends about things that you or they can't remember.
Be positive	<ul style="list-style-type: none"> • Positive imagery - visualising successful performance increases confidence and helps you manage any nerves. • Remember previous exams where you have done well. • Having negative thoughts, worries or nerves is perfectly natural. Remember that these are just thoughts, not reality. • Remind yourself how well prepared you are. Your revision has made a huge difference. • See the exam as an opportunity to show what you can do, not as a threat.