



HOW TO MANAGE EXAM STRESS

- Make a plan
- Break down topics into manageable amounts
- Take breaks every 30-45 mins and reward yourself
- Look after yourself - Eat brain foods and exercise
- Make sure you know when and where your exam is, and how the exam paper will look



UNHELPFUL STRATEGIES TO AVOID

- Leaving everything until the last minute and then try to cram
- Only drinking energy drinks and eating junk food
- Pulling all nighters. Sleep is important!
- Revising in a distracting environment



SCAN ME

