

COPING WITH EXAMS

This guide will help you to cope with stress and nerves exams can sometimes cause.

Tips to help you before, during and after an exam.

BEFORE YOUR EXAM

- One of the surest ways of reducing exam nerves is to be prepared.
- Plenty of revision and practise will help you feel more confident.
- Sorting out a time table of revision will help you.
- Remember to be realistic and build in time to chill out and be with your friends.
- The best timetable is one that you can actually keep! So keep it real.
- Try to take into account what your body feels like doing. There's no point timetabling a load of study when all your body wants to do is fall asleep.
- After a block of study, get some exercise.
- When you study hard you may not realise how much tension builds up in your muscles. This can lead to stiff muscles, especially the shoulders, backache and tension headaches.
- A good run, or playing a sports game, a bike ride or a swim will help to loosen up the muscles and make it easier for you to relax.
- Also being outside will help your eyes relax too. Studying needs close up vision which the eyes can find tiring.

RELAX

Ask for our relaxation booklet, it will teach you how to relax. Practise this so you can enter into a relaxed state whenever you want.

EAT HEALTHILY!

When you study you burn up a lot of energy – the brain is a very energy expensive organ to run. Make sure you have the right 'fuel' in your tank and are keeping yourself topped up with vitamins and minerals by eating a varied and sensible diet. You will be able to concentrate better and for longer.

SLEEP!

- Make sure you have enough sleep, deep and relaxing, so you feel refreshed when you wake up.
- Exercising and eating properly will help you to sleep soundly and deeply.
- A good night's sleep will increase your ability to concentrate.

BEFORE YOU GO IN.....

- Avoid talking to other people. Stress can be infectious! If you mix with people who are feeling very stressed it can rub off on you.
- Be polite, but firmly tell anyone who wants to chat with you, you need to be alone with your thoughts.
- This is where the relaxation techniques you have been practising will really help. Call them up in your mind, control your breathing and enter into a calm state.

AFTERWARDS

Try to avoid discussing the exam with others if you feel uncertain how well you did. You can't change anything and it might upset you. Now, if you have more exams to do, give yourself a break, perhaps some exercise, before you settle down to more revision.

COMPLETELY FINISHED

When your exams are completely finished, you need to reward yourself!

You've been through a punishing time. Now its time to chill, relax and enjoy yourself. Meet up with friends, go to parties, have a great time – you earned it!