

8 TIPS

To Be Prepared Before an Exam



01 GET A GOOD NIGHT'S SLEEP

It's easier to focus if you are well rested!



03 DRINK WATER

An easy way to improve your concentration is to stay hydrated!



05 GET ORGANIZED

Make sure you have all of the materials you need for the exam by getting everything ready the night before!



07 STAY CALM

If you find yourself getting nervous, take some deep breaths and feel your body relaxing before you move on to the next question

02

EAT A MEAL BEFOREHAND



Eating before the exam will give you energy and prevent your stomach from rumbling and distracting you!

04

READ THE QUESTION



Don't rush through the exam. Make sure you read each question at least twice before answering!

06

ARRIVE EARLY



Give yourself plenty of time to get to school. You don't want to be in a rush before the exam!

08

LEAVE TIME AT THE END



Make sure you leave time at the end of the exam to check your answers