

## TOP TIPS FOR EXAM SUCCESS

### Stay organised with a calendar

- Keep track of all your exam dates, times, and locations in one place.
- This could be a digital calendar or a physical diary, just make sure you check it regularly.
- A large wall planner can also act as a helpful visual reminder.

### Make effective to-do lists

- Go through each subject and list all the topics you need to revise.
- Prioritise them based on importance or difficulty.
- Store all your lists together so nothing gets overlooked.

### Plan your study time

- Create both weekly and daily study plans.
- Review and adjust them regularly to stay on track.
- Keep your plans realistic and manageable.
- Try tackling more challenging tasks first, followed by easier ones.

### Set up your study space

- Practice studying in conditions similar to your exam environment.
- Use the same materials or tools you will have in the exam.
- Consider using productivity apps like Pomodoro timers or Forest to stay focused.

### Practice active recall

- Instead of rereading notes, test yourself on what you remember.
- Draw mind maps from memory to reinforce learning.
- Use flashcards to regularly check your understanding.

### Understand the exam setup

- Look over past exam papers to get familiar with question styles.
- Practice completing them under timed conditions.
- If possible, visit the exam location beforehand to reduce uncertainty and plan your journey.

### Prioritise good sleep

- Aim for at least 7 hours of sleep each night.
- Reduce screen time, caffeine, and alcohol before bedtime.
- Try relaxation techniques such as mindfulness or meditation.

### Maintain a healthy diet

- Eat nutritious meals and stay well hydrated.
- If you feel anxious, consider cutting back on caffeine.
- Limit alcohol intake.

### Stay active

- Try to get around 30 minutes of exercise daily to improve concentration.
- Avoid intense workouts right before going to bed.

### Get started now!

You have got everything you need, begin today and give yourself the best chance of success. Good luck!