

STUDY TIPS FOR EXAM SUCCESS



- 1 PLAN AHEAD**
Last minute is not the best way to study. Plan out a schedule of study well in advance so you have enough time to get through everything before the big day.
- 2 STUDY WHAT MATTERS**
Find out what will be in the exam, talk to your teacher and look at past exam papers if you can.
- 3 BREAK IT UP**
Don't try to do it all at once, break it up into smaller, more manageable size pieces. That way you get the feeling of satisfaction when you complete a section, no matter how small. And it won't seem as daunting either. And regular breaks keep you fresh.
- 4 TREAT YOURSELF**
Rewarding yourself with a treat after you've achieved certain goals in your study can help with motivation.
- 5 EXPLAIN IT TO SOMEONE ELSE**
Your brother or sister may not be that interested in what you have to teach them about level 3 calculus, but being able to teach someone else is a sign you know your stuff.
- 6 MANAGE YOUR PHONE**
Put it in another room, swap with a friend, give it to your parents, turn it off or even deactivate your Facebook account if you want to really get drastic.
- 7 EAT WELL AND EXERCISE**
For a healthy mind, start with a healthy body. Research shows that exercise and a good diet can help with brain function and stress levels.
- 8 RELAX**
Some quality downtime, where you can relax without feeling guilty about it, allows you to unwind and you can then return to your study refreshed and recharged.
- 9 ON THE DAY**
Get there early, make sure you're relaxed and in a good frame of mind. Chilling out and perhaps a short walk are more likely to put you in the right frame of mind than cramming up until the moment before you walk into the exam room.

