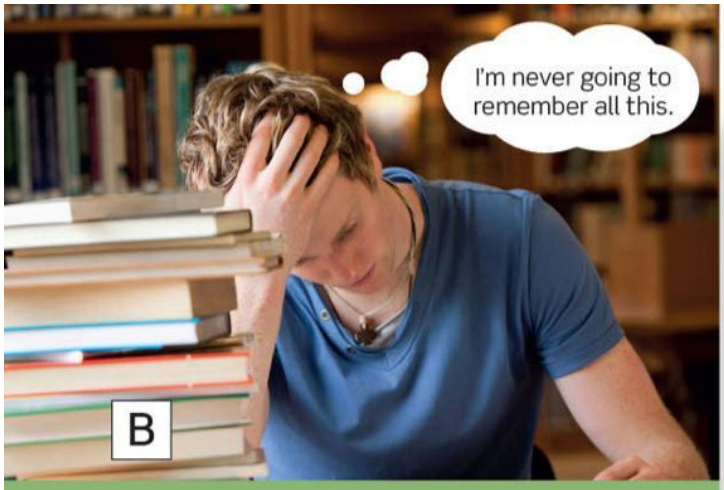

How to survive...

exam stress

1 Organize

Make sure you have all the things you need for the exam the night before: stationery, your identity card, etc. Last-minute searching for things can really stress you out before an exam.

2 Diet

Never go to an exam on an empty stomach, as you can end up concentrating more on your hunger than your exam paper. Before you go to the exam, eat foods that are energy producing, like fruit and protein, and at the same time not too heavy so that they won't make you sleepy. If possible, take a water bottle to the exam hall to rehydrate.

3 Relax

One hour before the exam, relax! Don't feed yet more information to your already over-filled brain. Whatever you have learnt, be confident of it and try to picture a calm stream, or take some deep breaths. You have done your preparation and now you should prepare yourself to give your best.

4 Plan

Once you get the question paper in your hand, read all the questions and make a quick rough plan of how you are going to invest your time in order to do your best. Mark the questions which you know you can answer easily and do them first. This will make you feel more confident. Never lose your cool if a question comes up which you didn't prepare for. It is too late now and your focus should be on the present moment.

5 Cross-check

It is very, very important to check your answers again at the end. Try to allow yourself a final 15 minutes to read through your paper and make any necessary corrections.

6 Forget

Often after an exam is over, people worry about the results or waste time discussing what their friends have written. Realize that the time to do something about the results was over when you handed in the answer sheet, and knowing how your friend did isn't going to help you. Concentrate on how you will face your next exam, if you have one, or just relax and be happy that it's over!

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