

# Compass

Services to improve health and wellbeing

# EXAM STRESS



## Top Tips for preparing for exams



**Have a healthy breakfast on the morning of your exams. Avoid junk food and caffeine as this won't help you manage stress.**



**Get 8 hours of sleep. Do a relaxing activity before bed, rather than revising late or being on your phone.**



**Try to be as organised and prepared as you can. Manage your time and plan out your revision. You will feel more confident when going into the exam.**



**Plan breaks and treats when revising. It is important to get up and move if you have been sat for a while and reward yourself for your hard work.**



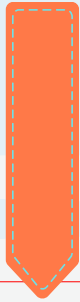
**Recognise when you are becoming stressed so that you can talk it through with someone or take some time to do something fun or relaxing.**



**Surround yourself with people who motivate and support you.**



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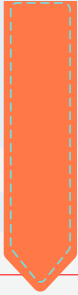


## TOP TIPS FOR DURING EXAMS

- ★ **Use some breathing exercises before starting or during your exams, if you feel yourself starting to panic.**
- ★ **Look through your exam paper and answer the questions you feel most confident with first.**
- ★ **Read the question slowly and make sure you understand what is being asked of you before you start to write your answer.**
- ★ **If you have a high mark question. Make a small plan of the things you want to put in your answer. It will help you feel more in control and keep you focused.**
- ★ **If you are unsure about a question, give it a go anyway. You may pick up marks even if you don't get the exact answer.**

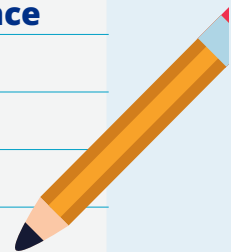


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## TOP TIPS FOR AFTER EXAMS

- ★ **Try to avoid going over exams once they are done. It is easy to worry if you answered differently to your friends. However, you can't go back and change your answers at this point. Put it behind you and focus on the exams you have coming up instead.**
- ★ **Remember that exams will come to an end and although things may feel intense now, this feeling will not last forever.**
- ★ **The exam period is only short, even though it may not feel like it at the time. However, working hard for this short amount of time will have a big impact on your future achievements.**
- ★ **Take some time to relax and reward yourself once you have finished your exams.**



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