

SHARE'S guide to:

BEATING EXAM STRESS

Exams can be a stressful time for everyone, but with some simple tips you can keep your cool. Lots of young people will be going through the same thing. However you deal with exams use the quick guide to help you.

Good Luck!!!!



PLAN AHEAD: Don't leave everything till the last minute. Make a timetable well before your exams, find your own revision style. Use techniques like colour-coding and revision cards and use revision guides.



TAKE CARE: It's OK to put yourself first. Get plenty of sleep and eat well. Healthy foods will keep you going. Ask family members for peace and quiet while you revise and take short breaks to relax.



GET READY: The night before the exam organise your pens, pencils, water and equipment. On the day have breakfast and get to the exam in plenty of time.



DON'T PANIC: Read the instructions and all the questions and make sure you know how many you need to answer. Plan how much time you need for each question and check it at the end. If you feel anxious, take slow, deep breaths.

STAY POSITIVE: If you feel overwhelmed, you are not alone, many of your peers will share your exam nerves. Just revise and do your best. Make plans to have something to look forward to after the exams – stay positive!