24 HOURS BEFORE THE EXAM

<table>
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<th>Make a plan....</th>
<th>What to do ......</th>
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| **1. Previous day** | • Check that you know where the exam room is located, even if this means visiting the space or looking at a map to orient yourself with the building location.  
• Study until late afternoon and do something physical to re-oxygenate your blood and help you sleep.  
• Have a nutritious dinner and avoid alcohol.  
• Prepare your materials for exam day; student card, pens, pencils, eraser, calculator, watch, clear water bottle.  
• Adequate sleep and rest is very important for your brain.  
• Avoid extra study; this is not the time to start studying new material. |
| **2. On the day** | • Wake up early – revise notes but not new information.  
• Get active – mild exercise will help calm your nerves and energise your brain.  
• Eat a healthy breakfast – high in carbohydrate (low GI).  
• Limit your caffeine intake.  
• Dress comfortably – light layers or bring a jumper in case the air-conditioning is cold.  
• Arrive early to avoid parking space problems.  
• Quash last-minute jitters – remind yourself that a minor case of nerves will help keep you alert and focused on the task at hand.  
• Avoid anxious students – resist talking to others who are stressed. This is about your individual performance.  
• Practise positive self-talk “I have studied well; I am prepared”.  
• Practise controlled breathing (deep slow breaths; yoga breath) keep blood oxygenated.  
• Avoid frantic last minute revision; rather let the exam questions prompt your memory. |