



24 HOURS BEFORE THE EXAM

Make a plan....	What to do
1. Previous day	<ul style="list-style-type: none">• Check that you <i>know</i> 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	<ul style="list-style-type: none">• 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.

