

BRILLIANT TIPS FOR EXAM SUCCESS

Focus on **mental and physical health** as much as your work

Use **strong modern study techniques** and pick ones that work for you

Don't keep re-reading; instead, **re-write in different words**

Plan, plan, plan but **frequently adapt your plans** as you go

Don't be hungry: know and **choose the best foods** to fuel your brain

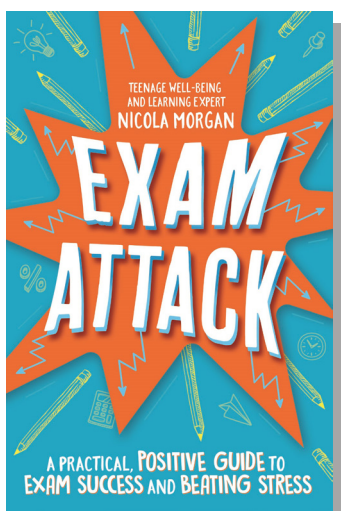
Prioritise sleep; don't work late. **Sleep helps learning, energy and focus**

Learn **relaxation strategies** to control stress levels

Don't just know how to do an exam: **practise them**

Don't compare **yourself** to others; focus on your goals

Ask for **help early** to keep your work on the right lines



Tips taken from *Exam Attack* by Nicola Morgan, a positive guide to challenging exam stress

For all Nicola's books and resources visit www.nicolamorgan.com