

After the Exam

Before the day of the exam, it can be a good idea to decide what you are going to do immediately after the exam ends. Standing around and joining in with others' delight or dismay is almost always discouraging. If you have something already planned you can simply leave others to do the post-mortem, while you go and do something more enjoyable.

If you are exhausted, some food or a sleep may help; if you are still wound up, you could do something physical, such as go for a run or a swim. If you are going to meet up with someone, you could agree with them that you will only talk about the exam for 5 minutes - or even not at all.