

On the Day of the Exam

Rather than trying to learn any new material, perhaps just look over a few key points.

Arrive at the exam hall comfortably in time but not too early; the tension hanging over this short period of waiting just before the exam is highly contagious so you do well to minimize your exposure to it!

It is natural to feel some anxiety when you go into the examination room. Use the few minutes before you are allowed to begin to do some simple relaxation and breathing exercises; sit back and separate yourself mentally from those who are getting stressed.

Don't work to the last minute on the night or morning before the exam. Last-minute revision may leave you feeling muddled and anxious.

Looking after yourself - for example, getting enough rest and eating reasonably - is more important and effective than trying to do some last minute cramming. This is a day to have planned beforehand and to take things gently in order to conserve your energy for the examination(s).

Don't get up very early, as this will just make you more tired. Eat breakfast, but do not drink too much liquid! If you have spare time, do something you find relaxing - have a bath, go for a stroll - and keep away from those whose stress levels are contagious.