



The 16-Pointer on Reducing Exam Stress, Anxiety and Pressure

Before the exam:

1. Prepare for the exam: Continuously - months in advance.
2. Know your exam: Type(s) of questions and length of exam.
3. Make a time budget: Know how long you have to do each question; don't forget to leave time to "check over".
4. Visualize yourself doing well: You have done step 1, so there is no reason you wouldn't do well. See yourself being successful.
5. Stick with what you know: no new foods, drinks or stationery - you don't know what could happen!

During the exam:

6. Acclimatize yourself to your environment and make sure you will be comfortable: mentally and physically.
7. Read all instructions: you don't know if they are trying something new this year.
8. Rank questions in order of difficulty and allocate time accordingly. Don't forget to budget time to review!
9. Attempt easier questions first - to gain as many marks as possible in a short space of time.
10. Keep an eye on the clock: make sure time is not running out.
11. Attempt all required questions: if you leave out a question you definitely won't get marks for it (except in negative marking schemes).
12. Review! Check over!
13. Do not hand up early: you do not want inspiration to strike after you leave the room!
14. Submit your script and leave in an orderly manner.

After the exam:

15. De-stress and cool down! Time allocated: 22 minutes.
16. Move on and look ahead: you can't change the past.

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Hope this assists you on your journey.

From the Ps't Team - Assisting you to grow into your higher self.