



Top 10 tips for removing stress before an exam

1.	Check the time and date of the exam – walk in with a friend. Give yourself plenty of time.
2.	Check the paper you are doing and know what to do.
3.	Have all the pens, pencils, equipment and calculators you need.
4.	Wear warm enough or cool enough clothing.
5.	Have a good sleep the night before - don't work too late.
6.	Eat food before the exam. Have a drink of water and bring a drink if you feel you need one. Do not drink so much that you need the toilet all of the time.
7.	Listen to the pre-exam talk or master class.
8.	Have a tissue.
9.	Do not bring your phone or make sure it is switched off and handed in.
10.	Remember you can only do your best.

