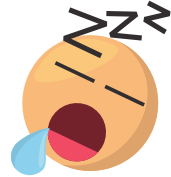


QUICK TIPS

For exam success!

1. Get a good nights sleep

At least 8 hours a sleep per night, on average!

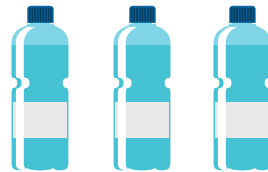


2. Exercise for at least 30 minutes a day, everyday

Relieves stress and anxiety, and gets blood flowing to your brain!

3. Drink plenty of water

Your brain needs to be hydrated.



4. Focus on what you know rather than what you don't

You know more now than you did before - you'll be able to answer many questions!

5. Eat a nutritious breakfast

You'll think better, feel fuller for longer, have a stable mood and plenty of energy.

6. Avoid drinking caffeine

It'll leave you feeling cranky and wanting more.



7. Stress makes you stupid

The worst thing you can do is panic - take a deep breath and move on.

8. Don't study the morning of an exam

You know what you know - Stay positive, calm, clear headed and focused.