# How to Cope with Exams

- Try to get a good night's sleep before the exam.
- Make sure you know where the exam is taking place and what time it starts.  Arrive in plenty of time but not too early as anxiety can be contagious!
- Listen carefully to any instructions being read out to students before the exam starts.
- Read each question carefully, taking note of key words like **compare, discuss, outline,** etc…
- Decide which questions you are going to do and stick to it.  Be aware of what the question requires.
- If you have been using memory aids or mind maps, jot them down on rough-work sheets.
- Think about the question being asked; reflect on the issue raised and plan your answer for a few moments, then start to write.

# Quick Release of Tension

*If you feel anxious, panicky or uptight before or during the exam;*

1. Breathe out, letting your tension go and then breathe in.
2. Take in a slow, gentle breath and hold it for a second.
3. Let it go, with a leisurely sigh of relief.
4. Drop your shoulders at the same time and relax your hands.
5. Make sure your teeth are not clenched together.