

# IT'S EXAMS TIME, GIVE YOUR BEST!

## BEFORE EXAMS

### STUDY HABITS

- ✓ Pay attention during lessons
- ✓ Submit assignments on time
- ✓ Revise and study regularly
- ✓ Ask when in doubt

### STUDY SKILLS

- ✓ Prepare a study time-table
- ✓ Be familiar with exams format
- ✓ Have a break in-between studies
- ✓ When stressed, talk to someone

### SOUND BODY

- ✓ Have enough sleep
- ✓ Eat well
- ✓ Exercise

## DURING EXAMS

### STAY CALM

- ✓ Do relaxation exercises (deep breathing)
- ✓ Have internal dialogue ("I've studied.  
I'll do my best.")

### STAY FOCUSED

- ✓ Read all instructions carefully
- ✓ Read all questions mindfully
- ✓ Attempt easy questions first
- ✓ Write legibly and neatly
- ✓ Check all answers

## AFTER EXAMS

If you've done well, **BE THANKFUL! CELEBRATE!**

If you've not done well, **TALK TO YOUR TEACHERS,  
PARENTS OR SCHOOL COUNSELLOR**

Share how you feel • Find out your mistakes • Find ways to improve

**BE GRACIOUS TO AND PATIENT WITH  
YOURSELF**

Give yourself a second chance • Take steps to study better