

How to do well in exams

Before an exam, revision is very important. The reason is that when you get nearer to the exam, it's easier to remember important information.

A good daily routine can help you through an exam period, so in the days before an exam, try to get up quite early.

On the day of the exam, have a good breakfast, and pack three of everything you need: three pens, three pencils and three rubbers. Arrive at the exam room in good time, but not too early, because seeing other people looking nervous can make you feel more nervous.

In the exam room, sit down, close your eyes, breathe deeply, and try to relax.

When you look at the test paper, spend a short period reading all the instructions and questions. Decide which questions you want to answer, and how much time to spend on each one.

It's a good idea to finish ten minutes before the end of the exam, to give you time to go back and check your answers.

Don't look at the people around you, or at the clock. If you need something to look at, choose something in the room, such as the window.

When you finish the exam, don't wait around afterwards to talk about it. Go away and have a rest, and then prepare for your next exam.