

# YOUR GUIDE TO EXAM SUCCESS



exeter college



## Look after yourself

And that starts with eating healthily and drinking plenty of water



Stay physically active doing a sport you love, or just head out for a brisk walk



Get enough rest and good quality sleep to help you recharge and focus



Reward yourself for your hard work with something you enjoy



## Revise effectively



Start with finding a quiet space to revise, away from distractions

Use your time wisely - create a timetable, prioritising subjects you feel less confident about



Work through class notes and past papers - identify gaps and likely topics



Take regular breaks during revision - move around and get some fresh air



## Ask for help

Don't forget to ask for help from teachers, family or friends if you need it



Check your exam timetable to be sure of times and locations well in advance



## Plan ahead

# YOU'VE GOT THIS!