

# Top Exam Tips!

## Get a good night's sleep

It's important to get enough sleep the night before your exam. It will be easier to focus if you are well rested.



## Get organised

Make sure you have everything you need by organising your pencil case the night before.



## Eat a meal beforehand

Remember to eat breakfast or lunch before the exam to prevent your stomach from rumbling and distracting you.



## Arrive early

Give yourself plenty of time to get to the venue; you don't want to be in a rush before the exam.



## Drink water

An easy way to improve your concentration is to stay hydrated, so remember to bring a bottle of water to the exam.



## Stay calm

If you find yourself getting nervous, take some deep breaths and feel your body relaxing before you move on to the next question.



## Read the question

Don't rush through the exam. Make sure you read each question at least twice before writing your answer.



## Leave time at the end

Make sure you leave time at the end of the exam to check your answers.



For more support and resources visit

[www.oxfordsecondary.co.uk/revision](http://www.oxfordsecondary.co.uk/revision)

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