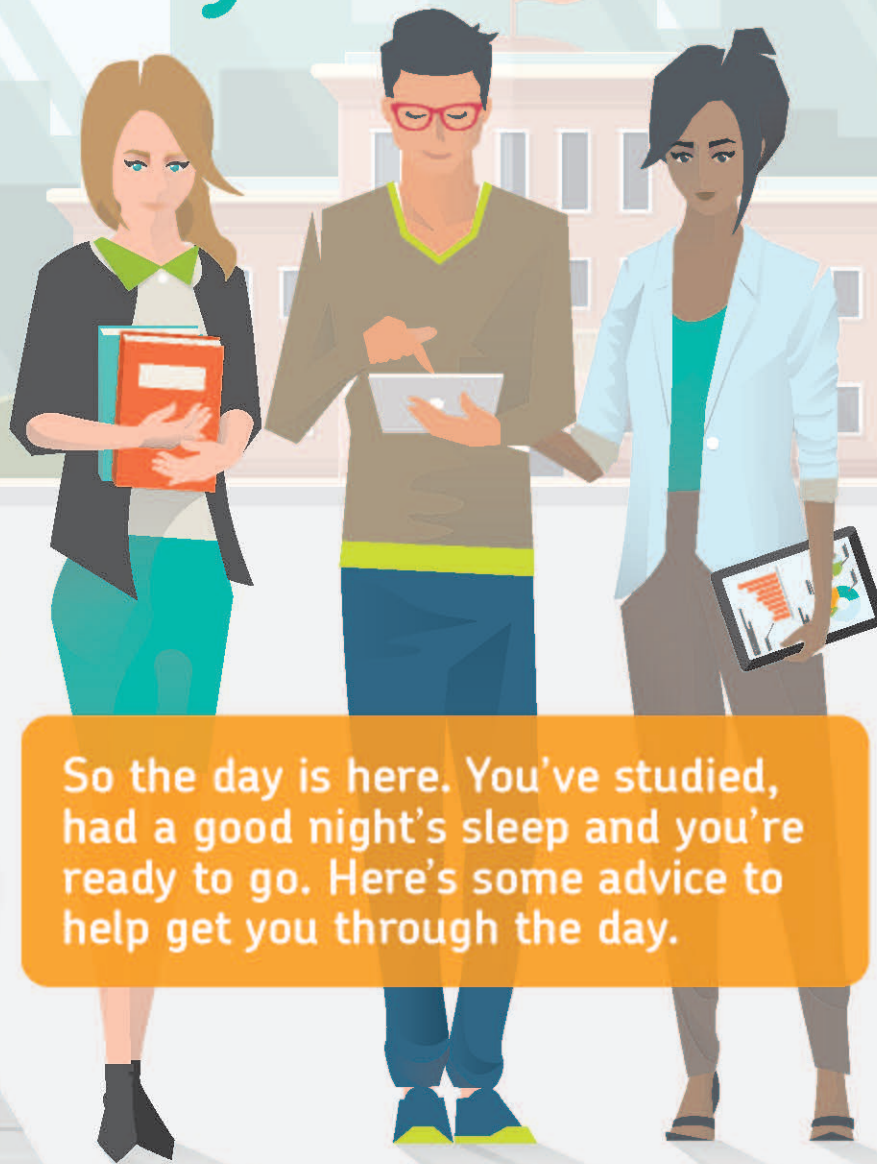


Keeping calm on exam day



Eat the right foods – a lack of energy can affect your concentration



Get your stationery together – bring spare pens/pencils, a pencil eraser and a calculator if it's allowed. A clear pencil case or plastic bag is fine to use



Bring a bottle of water so you don't get thirsty half way through



Arrive on time – ideally 10 – 15 minutes before the start of the exam



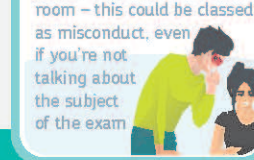
Don't let other students make you stressed while you are waiting to go in – you're on your own journey



Switch your phone off



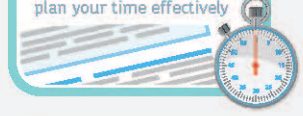
No matter how tempting, don't talk to other students once you go into the exam room – this could be classed as misconduct, even if you're not talking about the subject of the exam



Read the instructions on the front of the exam paper carefully



Once the exam starts, read through the whole paper before answering anything – you'll be able to see how much time you'll need to answer each question and plan your time effectively



If you feel unwell or need to go to the toilet, put your hand up so the invigilator can help you



Look for the command words. Identify key words before you answer the question



So the day is here. You've studied, had a good night's sleep and you're ready to go. Here's some advice to help get you through the day.

REMEMBER Your examiners want you to do well.

They're real people who have sat exams before and they understand how nerve-wracking and stressful the experience can be. Visit aqa.org.uk/exam-day for lots of help and guidance about exam days.