

Top Tips for Exams



✓ Use Relaxation Phone Apps	✓ Use Revision Phone Apps
✓ Buy a diary / wall planner	✓ Make Revision To Do List
✓ Create Some Flashcards	✓ Memorise Funny Stories
✓ Go to a Study Group	✓ Take regular Study Breaks
✓ Ask your teacher for help!	✓ Eat healthy
✓ Listen to Relaxing Music	✓ Get a good night's Sleep
✓ Breathe	✓ Drink water
✓ Meditate	✓ Think positive
✓ Study one subject at a time	✓ Find a Quiet Space
✓ Try some Mock Papers	✓ Don't compare with others
✓ Move your Body	✓ Try Yoga Stretches
✓ Turn off Social Media	✓ Go for a Walk
✓ Be Proud of Achievements	✓ Exercise
✓ Positive Visualisation	✓ Be Patient