

## Exam day

### Get a good night's sleep

Contrary to popular belief, cramming all night is not the best way to study. You'll do much better on the exam if you are not nodding off in the middle of it.

### Don't rush

Running late will add to your sense of panic. Don't get up too early (or you will be tired), but make sure you have plenty of time to get ready and get to the exam on time.

### Bring what you need

Take your favourite pens and pencils to the exam, and anything else you need. It adds to that feeling of being prepared!

### Eat

If your stomach is tied up in knots you may not feel like eating, but having something nutritious will give you energy and help you focus on the exam. For a small energy buzz, bring small hard candies or lifesavers to melt in your mouth while you write.

### You remember more than you think you do

If you can't remember the answer to a question, don't panic. Take a deep breath, relax and move on to the next question. Sometimes other questions on the exam can trigger your memory.

### Slow down

Scan the exam briefly so you will know how to use your time. Pace yourself and allow more time for questions that are worth more marks. Take time to read each question carefully so you know what is expected in your answer.

### Celebrate

Once you have written your exam, don't fret about what you may have done wrong. What's done is done and you can't change the outcome. Reward yourself by hanging out with friends or participating in your favourite activity.



Health Link Alberta: 1-866-408-LINK (5465)



[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

## Exam Stress?



## It's what you do about it

Stress is a normal part of life. Some situations, like exams, are more stressful than others. It's what you do about it that makes a difference to your well-being.