

EXAM COUNT DOWN

USE YOUR TIME WISELY

by @inner_drive | www.innerdrive.co.uk



TWO WEEKS TO GO

Plan your revision effectively by spacing it out. Little and often is better than cramming at the last moment.



ONE WEEK TO GO

Do lots of past papers and quizzes. Teach the material to someone else. Seek advice, guidance and feedback from others.



THE NIGHT BEFORE

Pack your bag for the next day. Do an equipment check. Get plenty of sleep.



THE MORNING OF

Eat breakfast to fuel you for the day.



AN HOUR BEFORE

Get to school early and spend time with relaxing people.



1 MINUTE BEFORE

Take a deep breath and gather your thoughts.



AN HOUR AFTER

Once you have reflected on the exam, don't dwell on it. Move on.

