

REVISION

- Pomodoro technique (revising in 25-minute chunks or so, taking a 5 or 10 minute break and carrying on)
- Teaching content to someone else
- Exam questions and studying the mark scheme
- Making short important notes rather than studying large chunks of text
- Flashcards

Revision tips

- Think about your ambitions
- What is your end goal?
- 'Forest stay focused' app – helps you to stay off your phone
- Positive reinforcement – when you complete a task, eat a chocolate or something and acknowledge your mini achievement

Motivation

- Spending time with your family (can be as much as eating dinner)
 - Do things to take your mind off of exams (e.g. meditating)

Relieving exam stress

- Spending time with friends
- Going to sleep not too late
- Doing the things you enjoy
- Exercising

Mindset

- Aim to do the best you can in your exams to the best of your ability
- Don't focus on what anyone else is doing but yourself
- Remember that if the exams don't go well, then there is no need for stress as there are other possibilities for the future

'I failed in some subjects in exam, but my friend passed in all. Now he is an engineer in Microsoft and I am the owner of Microsoft' – Bill Gates

Remember to revise and try your best but just know that, even if things don't go to plan, it is not the end of the world.