6 THINGS TO THINK About the Night Before an Exam

- **Your Best Performance**: Think about a previous good performance. What helped you do well that time and how you will apply that tomorrow?

- **Focus on Yourself**: Focus on yourself and don't compare yourself to others as this will make you feel stressed. Instead, focus on what you can control.

- **The Challenge**: If you see the exam as a threat, it will make you stressed. View the exam as an opportunity or as a challenge. This will make you feel better.

- **Overcoming Setbacks**: Remind yourself how you overcame previous setbacks. This will help you deal with future challenges and build mental resilience.

- **A Good Night's Sleep**: A good night’s sleep helps improve creativity, problem solving, concentration and memory. This is more important than last minute cramming.

- **Your Preparation**: Boost your confidence by reminding yourself of how well you have prepared and how much revision you have done.