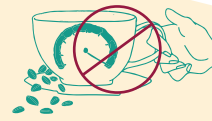


### Take Deep Breaths

When you feel you're getting anxious, try to focus on taking some deep breaths. By slowing breathing, you will regain control of your emotions and anxiety.



### Avoid Getting "Over-Caffeinated"

Small doses of caffeine can heighten your concentration, productivity and alertness, while consuming large amounts may trigger fast heartbeat, palpitations and headaches, and may make you anxious and nervous.



### Do Something that Brings you Joy

You may find it difficult to do anything other than studying, but doing something you enjoy for few minutes can help your thoughts be more positive. (e.g. reading, watching something fun, going for a short walk, etc.)



### Keep Perspective

Remember life is more than a good grade on the exam. So, take it easy, be patient with yourself and just do the best you can.



### Avoid Anxious Students

Emotions can be contagious. So, before an exam, try to avoid those you believe will make you feel anxious, and instead engage in non-exam related conversations with calmer students



### Eat Breakfast

Not eating breakfast affects your performance as it leads to a reduction in memory, and lowers your concentration levels. However, avoid new food as you don't know how your body reacts to them.



# 6 THINGS TO DO on the Morning of an Exam