6 THINGS TO DO on the Morning of an Exam

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.

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.

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.)

Joy
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.

Adapted from: www.innerdrive.co.uk