

Learner tips for keeping your cool in exams

What happens if.....

Your mind goes blank and you panic

- ✓ Breathe slowly and think of success. Leave a question if you're not sure of the answer and go on to the next one, or begin with what you know best.
- ✓ Imagine yourself at home with your books and remember that you DO know the information.
- ✓ Try to answer one question. This will give you confidence to move on to other questions.
- ✓ Don't spend too long trying to remember a point – leave a space and come back to it.
- ✓ Write any ideas or thoughts on rough paper. Ask yourself questions. Then try the question again. Panic only makes remembering harder.
- ✓ See the examiner if it becomes worse and ask for a glass of water.

You are running out of time

- ✓ Don't panic – reduce each answer time.
- ✓ Write in note form if necessary.
- ✓ Look at the questions that carry the most marks and answer those first.



Is a 'post-mortem' a good idea?

Should you extensively think about the exam immediately afterwards to analyse your success rate? There are advantages, as you'll gain plenty of reassurance if you think you've done well. However, there are also disadvantages. If you discover that you haven't done as well as you thought, you may become de-motivated. This could affect your other exams and lead to high anxiety levels. Concentrate on the future not the past – you can't change it! Remember there is more to life than just examinations. Tomorrow is another day.