

The MatriX Self-help Zones.

Zone 6: Exam Time.

The way to do your best in exams is to make the decision that you **will** succeed and go for it! Look at the amazing preparation you've done so far.

EXAM STRESS can make you see **R E D!** And that's part of the answer too:

R. E. D. = Rest, Exercise & Diet. These will really help you.
(Tho' a bit of stress on the day can be good, it helps to **gee-up** your brain!)

Prepare everything carefully **the night before** the exam - use a check list.

Get a good early start and take a **relaxing shower** or a bath.

Eat breakfast. Don't skip it!

Get to the exam hall **early**. Earlier drop-off? Earlier bus?

When you get in there, **relax!** Remember the goals and rewards you've been visualizing. Take a few deep breaths. **Focus!**

Take no notice of the hyped-up worriers.

Listen carefully to any instructions given to you.

Take time to read and **fully understand** the questions.

The time you spend on each question should be proportionate to the marks on offer for each one.

Check as you go along that you *are* answering the questions!

Are your responses clear and concise?

Getting started - It doesn't have to be a killer first sentence!

Take the time to sketch out an answer-strategy, including any workings - science, maths, geography and so on.

Pause after each question to take a few deep breaths.

Don't forget to keep hydrated. Drink!

Allow time towards then end of each exam to check your answers.

If you're running out of time and you can't give a complete answer - **write/draw a 'thought-path'** for the examiner, to show your understanding and response. At least you attempted the question, so it might earn you something.

Go for every last half mark!