

EXAM TIME

Prepare well. Take care of yourself. Ask for help.

A message to children and students

Feeling a little nervous about examinations is normal.
Take one step at a time—you do not have to manage everything at once.



MAKE A SIMPLE PLAN

Divide your revision into small, manageable tasks. Take short breaks and ask your teacher when something is unclear.



MAKE TIME FOR SLEEP

Keep a regular bedtime. Avoid staying up all night to revise—rest is part of your preparation.



EAT, DRINK AND MOVE

Have regular meals, eat breakfast before your examination and drink water. Make time to stretch, walk or play. Avoid energy drinks.



KEEP DISTRACTIONS AWAY

Put your phone aside during revision. Limit gaming and social media, especially before bedtime.



TALK ABOUT YOUR WORRIES

Speak to a parent, teacher or trusted adult if you feel worried or overwhelmed. Asking for help is a positive step.



GET READY THE DAY BEFORE

Check your timetable and pack the documents and materials you need. Leave enough time to reach your examination venue calmly.



TAKE YOUR TIME DURING THE PAPER

Listen to instructions and read each question carefully. If you get stuck, move to another question and return later. If you feel unwell, tell the invigilator.



AFTER THE PAPER, LOOK AHEAD

Give yourself a break. Avoid spending too long comparing answers or worrying about mistakes. Focus on what you can do next.



**Feeling nervous? Pause. Breathe slowly.
Focus on one question at a time.**

**Your results do not define who you are.
Do your best. Be kind to yourself. Stay connected.**

Need support? Speak to your parent, teacher or a trusted adult, or contact the National Educational Counselling Service.