

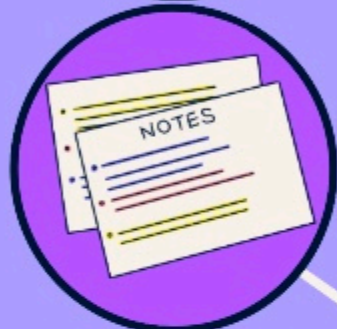
# EXAM CHECKLIST

## NIGHT BEFORE

**CHECK (AGAIN)**  
CONFIRM THE LOCATION AND STARTING TIME.



**TRY NOT TO CRAM**  
DO A LIGHT REVISION OF YOUR NOTES INSTEAD.



**GET ORGANISED**  
LAY OUT YOUR CLOTHES AND PACK YOUR BAG.



**SET YOUR ALARM**  
ALLOW PLENTY OF TIME TO GET READY IN THE MORNING.



**VISUALISE SUCCESS**  
PICTURE YOURSELF BEING CALM AND CONFIDENT IN YOUR EXAM.



**GET A GOOD NIGHT'S SLEEP**  
WIND DOWN EARLY AND AIM FOR EIGHT HOURS OF SLEEP.



## ON THE DAY

**EAT BREAKFAST**  
GIVE YOUR BRAIN A BOOST WITH A GOOD BREKKIE.



**ARRIVE EARLY**  
AIM TO GET THERE WITH PLENTY OF TIME TO SPARE.



**TAKE A MOMENT**  
BEFORE HEADING IN, TAKE SOME DEEP BREATHS OR DO SOME STRETCHES.



**SKIP THE STRESSORS**  
STEER CLEAR OF PEOPLE OR SITUATIONS THAT MIGHT STRESS YOU OUT.



**GET COMFORTABLE**  
FIND YOUR SEAT, SET YOURSELF UP AND GET TO WORK.



**TREAT YOURSELF**  
PLAN A LITTLE REWARD FOR AFTER YOU'VE FINISHED.

