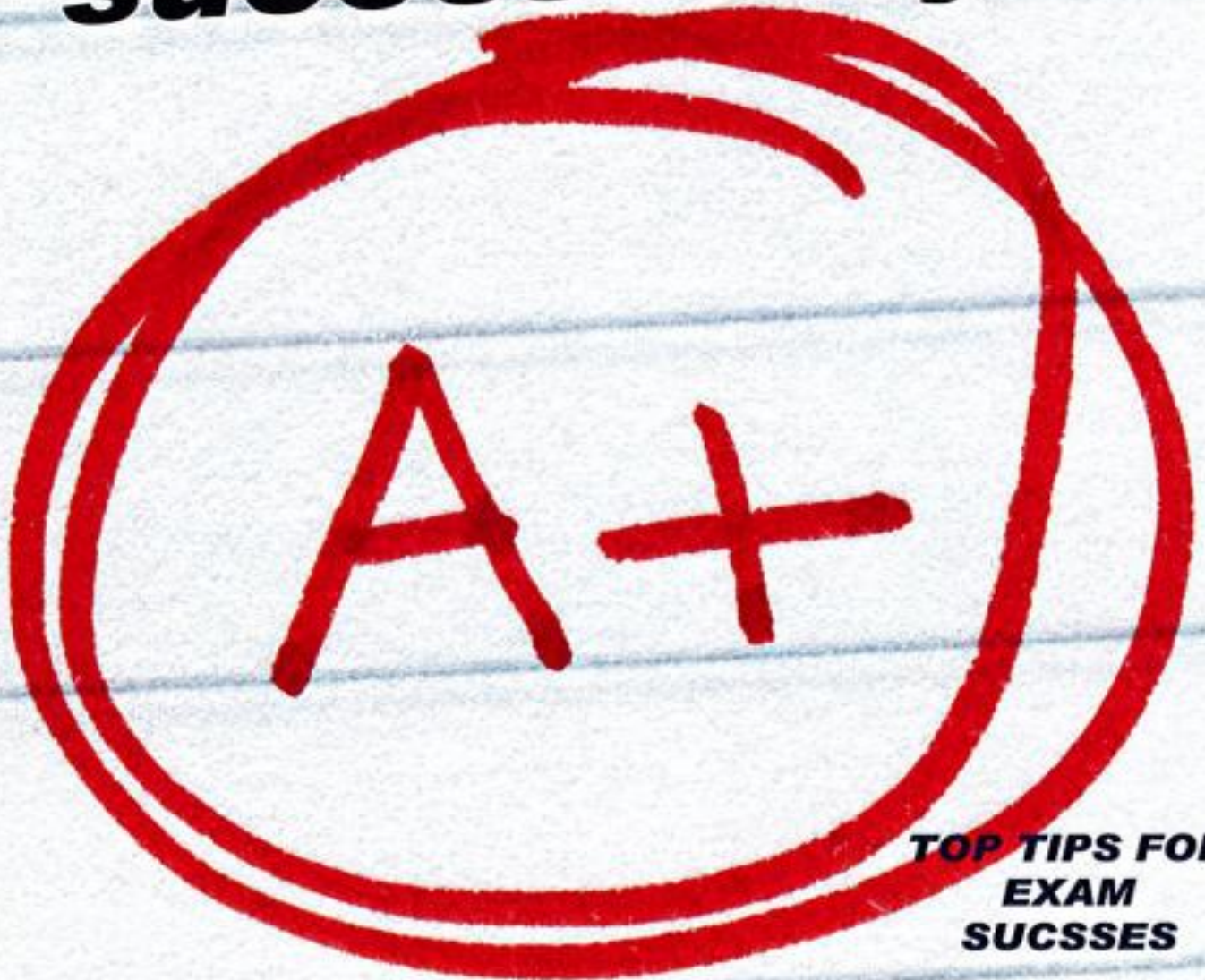




***Would you like to  
pass your exams  
successfully ?***



**TOP TIPS FOR  
EXAM  
SUCSSES**



**G**et organized!  
make out a revision timetable for yourself. If you organize time properly, the results will be much better.

**P**ut all your notes (or books) into some kind of order.



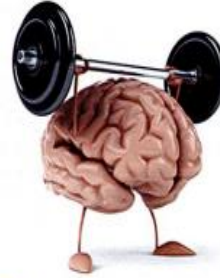
**W**arn your family and friends that you are serious: they shouldn't interrupt your studies.

**G**o with your body clock! There is a biological rhythm for learning and it is different for different people.

For most of us, the best plan is to take in new information in the morning. But this doesn't apply to everyone. So if you are slow in the morning, use that time to do some background reading. Do the weightier work in the afternoon.



**B**rain needs time to 'digest' what has been learnt. The time for this is 5 to 10 minutes. So, take regular breaks.



**D**uring the break it is important to exercise the right side of the brain, because the left side is used during the learning period.

**I**f you don't like to study alone, do it with a friend. Group study makes the process more interesting and less stressful. Other people can help you understand something that you don't know.



**E**at well! Have a proper meal rather than snacks and don't drink too much coffee. Too much caffeine will make you more nervous.

**B**elieve in yourself!  
If your mind is full of thoughts such as: "I'm sure I'm going to fail this exam" or "it is too hard, I can't do it", you will not do as well as you should

