



HEALTH ACTION TEAM



Top 10

EXAM

Study Tips



1. Arrive Early. This will help you to feel focused and calm.
2. Bring all the materials you need, including pencils, calculator, etc.
3. Get enough sleep the night before.
4. Eat a healthy meal before your exam.
5. Be organized and arrive on time.
6. Relax and take a few breaths.
7. Read all test instructions and circle or underline key words.
8. Budget your time but don't waste it. If you don't know an answer, move on.
9. Answer the questions you know first to give yourself confidence.
10. Try to answer all or as many questions as possible to get partial marks.