

PREPARED FOR YOUR EXAM?

Exams can be a stressful experience, but with these tips and tricks, you can walk into your exam with confidence.

DO:

- Make sure you have enough sleep – studying's important, but getting enough rest can be more beneficial to your marks than late-night cramming.
- Make sure you eat before, and drink during, an exam – a rumbling tummy doesn't do much for your concentration, and you're much more alert when hydrated.
- Relax and take it easy – you're doing fine! Remember to take time for yourself.
- If you feel like you can't cope, speak to the Advice & Representation Centre in the SU or the HUB. They're here to help you.
- Make sure you bring the right equipment to your exams – the last thing you want is a pre-exam panic because you can't find a pen!
- Arrive in plenty of time – don't get caught out by a late bus!

DON'T:

- Don't take your phone into an exam with you – that is classed as cheating! If you need to take it with you, keep it switched off in your bag.
- Don't communicate with other students during an exam. If somebody is trying to talk to you, simply ignore them or tell an invigilator.
- Don't write anything on your body before an exam. All of your answers must be in your head, not on your arm!
- Don't carry on writing when the invigilator tells you to stop – anything you write after this may not be counted, and you could get into trouble for it.
- Don't bring any notes with you into the exam, unless you have been told before that you are allowed.

Exceptional Circumstances

Sometimes, things happen in life that you don't expect. If you feel that your exam results were affected by a significant personal event, you might be eligible for Exceptional Circumstances. Come and talk to the Advice & Representation Centre in the Students' Union if you would like more information about Exceptional Circumstances.

