

**SLEEP, EAT, EXERCISE,
PERFORM**

EXAM PREPARATION

**Knox Academy
November
2018**



I wish I got
more sleep ...

What did she eat
for breakfast?!

SLEEP

- Studies have found that if you stay awake for **21** hours straight, you have the mental capacity of someone who is legally drunk (in terms of your ability to concentrate, memorise and recall information, etc.).
- You can't afford to stay awake all night studying for an exam. Why? Because you won't be able to effectively recall information for the exam. It's as simple as that!
- Make sure you get at least **8** hours of quality sleep a night. If you wake up, don't clock watch, try to lie back and relax even if you can't sleep – nerves will exist for most of us and may impact on sleep

EXERCISE

- 30 minutes of walking, jogging, swimming, dancing, will be enough.
- Often pupils stop exercising when it comes to exam time because they begin to think that they don't have enough time ("I must spend every moment studying!"). Big mistake.
- Exercise helps us study more effectively for various reasons. Firstly, it's a great way to relieve stress and anxiety – it releases endorphins which make us feel good. Secondly, it gets blood flowing to your brain (supplying oxygen, antioxidant and glucose) which can help you to think more clearly.



- Think of daily exercise as being an investment in your final marks.

HEALTHY EATING



- Often when we can't think clearly, it's because our brains need to be hydrated. While studying and taking your exams, make sure you take regular sips of water
- Try to eat a breakfast – this sets you up for the day and allows your body and brain to function effectively – tea/coffee/fruit juice/cereal/fruit/porridge
- Eat a light lunch – good quality sandwich/fruit/water – avoid high energy/high caffeine based drinks – give a high and then a dip!
- Eat a balanced evening meal – vegetables/fruit and water too

DEALING WITH NERVES

- Failing to prepare is preparing to fail – study - a little often and keep it going alongside home learning
- Night before – relax – don't cram! Brain is an amazing organ
- Planning ahead – morning prep/timing/materials
- Controlled breathing – still the mind
- Rescue remedy – natural
- Don't hang around with pupils who up the nerves pre exam
- Arrive with just a little time to go (10mins at least)
- In the exam – take time to organise your desk/pens/pencils
- Take time to read the paper and do the questions that build confidence first – you will have practised timings at home...
- Don't dissect the exam afterwards – you did your best!