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 **ACADEMIC LEARNING DEVELOPMENT**

**Getting Prepared**

**Time, location and travel**

* Find out your exam dates as early as possible
* Make sure that you know where your exam/s will be held
* Why not visit the room/s so you know exactly where you are going for each exam?
* Think about how you will travel to the location
* Plan to arrive early on the exam day to help you to avoid any transport problems

**Looking after ‘you’!**

* Find out exactly what you are allowed to take into the exam and get these materials ready
* Try to get plenty of sleep in the weeks before the exams
* Build some time for relaxation into your study schedule
* Why not take part in an activity such swimming, yoga, walking or dancing, which could help you to relax
* Plan little treats to enjoy during the exam period
* Try to eat well and drink plenty of water
* Be a supportive and encouraging friend but try not to allow people to make you feel anxious
* Remember to focus on your own revision experience and try not to be drawn into discussions about ‘who has done what and how much’

**Exam day preparation**

* Aim to go to bed early the night before so that you will feel rested
* Arrange your exam materials and place them by your bag before you go to bed
* If you wish to do last minute revision, focus on key points on your note cards
* Set two alarm clocks if you are worried that you may not get up in time
* Have a good breakfast or lunch before your exam to ensure that you maintain your energy levels
* Leave your house in good time
* When you arrive at the University, spend some time relaxing on your own
* Try to avoid getting drawn into any ‘pre-exam panic chats’