

7 Things to Think About the Night Before an Exam



- ☐ 1. Positive Imagery. Spend some time visualising a positive exam experience.
- ☐ 2. Your Best Performance. Think about a previous good performance.
- ☐ 3. Your Preparation. Boost your confidence by reminding yourself of how well you have prepared and how much revision you have done.
- ☐ 4. Focus on you. Focus on yourself and don't compare yourself to others as this will make you feel stressed.
- ☐ 5. The Challenge. If you see the exam as a threat, it will make you stressed.
- ☐ 6. Overcoming Setbacks. Remind yourself how you overcame previous setbacks.
- ☐ 7. A Good Night's Sleep. A good night's sleep helps improve creativity, problem solving, concentration and memory.