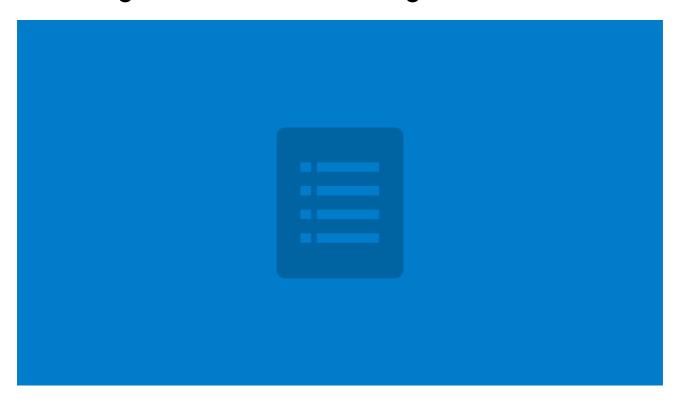
7 Things to Think About the Night Before an Exam



	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.
\neg	7 A Good Night's Sleep. A good night's sleep helps improve creativity, problem solving, concentration and memory