

# TIPS TO OVERCOME EXAM FEAR

## 5 Tips for Students

### PREPARE YOUR TIMETABLE

Being a student and parent of a student, you should not follow others and look at others' for their routine of study. Make sure you plan your own timetable and study accordingly.



### DO NOT LEAVE REVISION FOR LAST MOMENT



Revision should be started as soon as possible. Don't wait until the last minute. You should begin at least three days before the exam date and just take a look at the entire thing for relaxation one night before.

### GIVE PROPER ATTENTION ON EVERY SUBJECT

Try to mix studying all subjects instead of focusing on one subject. The syllabus of one subject might not cover other subjects if you focus on studying only that subject.



### SLEEP WELL



For the mind to work effectively, it is necessary to get enough sleep. A student should sleep for eight to nine hours per night. To schedule your timetable and manage your sleep, you can also ask your parents for help.

### BREAKS ARE NECESSARY

It is also important to allocate time for breaks. Continuously studying for hours makes my mind tired and negatively affects my health. Relax yourself on a regular basis by taking regular breaks. As well as stretching your body, you can also relax it by breathing deeply.

