

4 Ways to Overcome Test Anxiety

by @inner_drive | www.innerdrive.co.uk



USE SELF TALK

Talk to yourself in a positive way, focusing on previous exam success.

USE REFRAMING

Look at test anxiety in a helpful way. Test anxiety is natural and can be beneficial to performance.

PREPARE WELL

Good preparation does not only involve carrying out the necessary revision. Other preparation such as getting a good night's sleep before an exam improve your performance.

TAKE DEEP BREATHS

This will allow you to reduce your heart rate and take control of your emotions.

4 Ways Your Students Can Manage Exam Nerves

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Slowdown

Under pressure, people tend to rush, as they underestimate how much time they have available. This leads to sloppy mistakes. Advise your students to slow down and focus on one thing at a time.



Drink Some Water

One of the side effects of being nervous is that your mouth feels dry. This draws attention to how nervous you are and creates a vicious cycle. The solution; take regular sips of water in exams.



Channel your Nerves

Being a bit nervous before and during exams is no bad thing. If channelled correctly nerves can help you prepare more thoroughly and focus better.



Listen to Music

Have students listen to chilled music for 30 mins before an exam. Their heart-rate will lower and their mood will improve.

5 Ways to Manage Your Nerves

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- 1 Reframing** - See things as an opportunity not a threat.
- 2 Self-talk** - Talk to yourself in a positive, helpful and energised way.
- 3 Picture Perfect** - Visualise yourself performing successfully.
- 4 Face your fears head on** - Focus on what you can do to make the situation better.
- 5 Know that everyone gets nervous** - Nerves are normal and can help you do better.

6 LAST-MINUTE REVISION HACKS

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- 1 EXPLAIN IT TO YOURSELF** You are more likely to remember it as you will find deeper connections.
- 2 CHANGE YOUR LOCATION** Revise in a an environment similar to your exams, i.e. in a quiet room in front of a desk.
- 3 THINK ABOUT THE FIRST AND LAST IDEAS** Study your most challenging topics first and last.
- 4 CLOSE YOUR EYES** A recent study of students found that this improved recall by 23%.
- 5 READ THINGS ALOUD** Another study found that this improved recall by 12%.
- 6 DRAWING** For simple memory tasks drawing has been shown to be more effective for recall than writing.

EXAM COUNT DOWN

USE YOUR TIME WISELY

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TWO WEEKS TO GO

Plan your revision effectively by spacing it out. Little and often is better than cramming at the last moment.



ONE WEEK TO GO

Do lots of past papers and quizzes. Teach the material to someone else. Seek advice, guidance and feedback from others.



THE NIGHT BEFORE

Pack your bag for the next day. Do an equipment check. Get plenty of sleep.



THE MORNING OF

Eat breakfast to fuel you for the day.



AN HOUR BEFORE

Get to school early and spend time with relaxing people.



1 MINUTE BEFORE

Take a deep breath and gather your thoughts.



AN HOUR AFTER

Once you have reflected on the exam, don't dwell on it. Move on.



5 MISTAKES TO AVOID THE NIGHT BEFORE AN EXAM

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- 1. SKIPPING DINNER**
- 2. HAVING TOO MUCH CAFFEINE**
- 3. RE-READING OVER YOUR NOTES**
- 4. CRAMMING LAST-MINUTE STUDYING**
- 5. STAYING UP LATE REVISING**

7 Things to Think About the Night Before an Exam

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1 POSITIVE IMAGERY
Spend some time visualising a positive exam experience. This will increase your confidence, help with nerves and enhance your mood.

2 YOUR BEST PERFORMANCE
Think about a previous good performance. What helped you do well that time and how will you apply that tomorrow?

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. Instead, focus on what you can control.

5 THE CHALLENGE
If you see the exam as a threat, it will make you stressed. View the exam as an opportunity or as a challenge. This will make you feel better.

6 OVERCOMING SETBACKS
Remind yourself how you overcame previous setbacks. This will help you deal with future challenges and build mental resilience.

7 A GOOD NIGHT'S SLEEP
A good night's sleep helps improve creativity, problem solving, concentration and memory. This is more important than last minute cramming.



5 WAYS TO DO WELL IN EXAMS

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1. SPACE OUT YOUR LEARNING

2. USE RETRIEVAL PRACTICE

3. TAKE TIME OUT FOR YOURSELF

4. GET ENOUGH SLEEP

5. DON'T SKIP BREAKFAST

7 Ways to **STOP** Panic Taking Over During an Exam

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- 1. TAKE SOME DEEP BREATHS**
This will help clear your head and give you time to think.
- 2. RE-READ THE QUESTION**
This will help ensure you don't misread the question and avoid making sloppy mistakes.
- 3. THINK BACK TO YOUR REVISION**
Have you answered similar questions previously during your revision?
- 4. WHAT WOULD YOUR TEACHER SAY?**
What advice would your teacher give you to help you right now?
- 5. SOMETHING IS BETTER THAN NOTHING**
Better to guess the answer than leave it blank. If you don't write anything down you are guaranteed to get zero marks.
- 6. STICK TO YOUR EXAM STRATEGY**
If you have a bad first question, stick to your pre-planned strategy and don't let the bad start affect your performance on the next question.
- 7. DON'T PUT TOO MUCH PRESSURE ON YOURSELF**
Work your hardest and do your best. Some stress is good but becoming too stressed doesn't help you think clearly under pressure.

10 tips to prepare for your first exam

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1 Space out your learning



6 Avoid looking at your phone



2 Test yourself



3 Schedule in time for yourself



4 Exercise regularly



7 Surround yourself with positive people



8 Use positive self-talk



9 Get enough sleep



5 Ask your teachers and support system for help



10 Visualise yourself in the exam hall

WHAT TO DO AFTER A BAD EXAM

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1. Let your emotions out

Cry or be angry about it for a bit if you need to.

2. Don't dwell on it

Remember that it is not the end of the world.

3. Turn failure into success

Reflect on what went wrong and use it to help you prepare for what comes next.

4. Move on

Set it aside and focus on your next exam.

6 Tips for the Morning of an Exam

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Eat breakfast as this will help fuel your brain



Arrive at school with plenty of time



Avoid people who stress you out



Remind yourself of all the hard work and preparation you have put in



Feeling nervous? Pause for a minute and take some deep breaths



Remind yourself of your exam strategy

9 Easy Ways to Get Better Grades

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Eat breakfast

It's the most important meal of the day. It helps improve attention and memory



Believe you can learn the material

Students who believe they can improve their ability with effort and learning outperform those who don't



Have a sense of purpose

Remind yourself of how doing well at school can help achieve your future goals



Put your phone away in class

Being on your phone divides your focus, making concentration and learning more difficult



Spend an extra hour each day doing home work / reading

The extra work you do each day adds up over a year



Write about your nerves

This reduces your fear and helps you perform more confidently



Watch less TV

Watching two hours of TV a night can significantly reduce your marks



Play video games less

Students who game twice a day have been shown to get worse grades



Get a good night's sleep

Lack of sleep affects memory, mood, creativity, insight, health and concentration