



SOS Tips for the examination period

Create a good foundation.

Even if there is still a lot to do, make sure to:

- Get enough sleep
- Eat a balanced diet
- Exercise and get fresh air
- Take regular breaks

Prioritize.

Time might be running out. Check your to-do list:

- What can wait? (e.g. window cleaning)
- Who can help with daily tasks? (e.g. ask someone to do your grocery shopping)
- Play the odds: Focus on the most important or likely exam topics.

Relax, take it easy.

Feeling nervous is completely normal...

- ... and even helpful in the right amount! A moderate level of stress boosts performance.
- Breathe deeply: try box breathing – inhale for 4 seconds – hold for 4 seconds – exhale for 4 seconds – pause for 4 seconds – repeat and calm your body and mind.

Think positively!

Your mindset makes a big difference:

- Notice unhelpful thoughts ("I have to be perfect.").
- Challenge them ("Is it helpful to think like this?").
- Rephrase: What would a good friend say to me? What would I suggest to a good friend?
- Practice encouraging thoughts in everyday moments ("I'll do my best. I can do it."), e.g. when brushing your teeth or walking to class.