



SOS Tips for exams

Step by Step.

In the exam:

- Read all the tasks carefully.
- Start with the easiest question.
- Mark any questions that you want to come back to.
- Manage your time – divide it evenly across questions.
- Take brief mental breaks – e.g. stretch your hands or close your eyes for a moment.

When your mind goes blank

It's normal to blank out sometimes – it happens to everyone and usually passes quickly.

- 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.
- Move your focus away from anxiety (e.g. look out the window).
- Give yourself a positive reminder - tell yourself, "I can do this!".
- Try retracing your thinking or jot down anything related to the question to get ideas flowing again.

You did it!

After the exam:

- Don't let others make you second-guess yourself – it's okay to talk about something else.
- Focus on the present moment.
- Treat yourself kindly – a short break, a treat, or some rest – even if more exams are coming.