

engage – achieve – excel

stay calm and plan your study schedule – stay positive – take regular breaks to stretch and walk – take deep breaths – disconnect to focus

know the time and place for each exam and materials you need – approach the exam with energy, enthusiasm and determination to do your best – stay calm – read directions carefully

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 6.00 – 9.00							
Session 1 9.00 – 11.30 or 12.00							
Break							
Session 2 12.00 – 3.00							
Afternoon 3.00 – 6.00							
Evening 1 6.00 – 8.00							
Evening 2 8.00 – 10.00							

fuel your body – stay hydrated – get a good night's sleep

eat breakfast – keep meals light – reduce caffeine – healthy snacks – drink water – eat protein-rich foods like eggs, nuts, yoghurt, sardines, cheese to give you energy – avoid sugary snacks and drinks that play havoc with your energy levels