

# 6 Tips for the Morning of an Exam

## Tip #1

**Eat Breakfast As This Will Help To Fuel your Brain**

## Tip #2

**AVOID PEOPLE WHO STRESS YOU OUT**

## Tip #3

**REMINDE YOURSELF OF ALL YOUR HARD WORK AND PREPARATION**

## Tip #4

**Feeling Nervous ? PAUSE FOR A MINUTE AND TAKE SOME DEEP BREATHS**

## Tip #5

**Stop Studying, You Can Re-Read Summaries But Don't Start Trying To Digest A New Concept**

## Tip #6

**Think Positively And Try To Imagine That You Are In The Exam And Feeling Confident.**

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