

# Building Resilience during Exam Season

Resilience is the process of adapting well in the face of adversity or significant sources of stress. Even if you are well prepared for exams and assessments they can be stressors. We have a few tips to help this exam season:

## Avoid cramming.

This can produce high levels of anxiety and is not helpful in trying to learn a large amount of material.

## Change your attitude.

Change the way you think about sitting exams. An exam will not predict your future success or determine your self-worth.

## Brain Food is important.

What you eat can have an impact on energy levels and focus. Keep your body and brain well nourished with foods like fish, nuts, seeds, yoghurt and blueberries.

## Don't shut yourself away.

Study with friends. They may have the answers for the questions that you have and vice versa.

## Prepare for your exam.

Practising past papers in timed conditions can help you feel prepared.

## Revise right.

Ensure that you get hold of the right information from the start. Find out what you will be assessed on and focus on that. Don't get distracted by irrelevant topics.

## Sleep. Sleep. Sleep.

Reward your mind every night with at least 8 hours of uninterrupted sleep. Sleep helps your brain to assimilate new knowledge into your long-term memory so that you can recall it when it comes to the exam day. The benefits of a proper night's sleep can never be underestimated.



Carecall

