The most important thing to remember around the exam season is that it may be overwhelming at times, however, if you are able to practice self-care and prioritise your own wellbeing, you should be fully capable to do your best in whatever exam you are taking.

Tip 1: Time Management

As exam season usually takes place during term three, it is important to allow yourself some time to familiarise yourself with the content that was learnt throughout the year, as well as planning your time so that you don't cram all the revision into a week and overwhelm yourself. Websites like getrevising.com can be helpful in creating a revision timetable that can aid in arranging your time into a schedule to make the most of your time. It is recommended to use the Easter break as a starting point to your revision in which will allow plenty of time to plan and succeed for exam season.

Tip 2: Be Human

With exam season overtaking most of people's time, it is important to note that you are still human, and that you should reward yourself for studying accordingly. This could include going out with your friends and not feeling guilty about it or taking some time to yourself to relax instead of panic-cramming. It could also manifest as maintaining your weekly commitments such as society events or sports, both of which can help to alleviate stress.

Tip 3: Stay Healthy

All-nighters might sound like a good idea at the time, but the lack of focus that they bring will end up causing rather than solving problems. Overreliance on caffeinated drinks can also be an issue for long term health and make it difficult to focus or do your best if they start to fade mid exam. The best way to maintain focus and good problem-solving skills is to get a healthy amount of sleep (this may look different to different people) and to consume food and drink that allows for slow release of energy; for example, bananas, granola, and wholemeal products will give a slow building, long lasting energy boost, and low caffeine teas, fruit juices or water can offer good hydration without negative impacts.
Tip 4: Sleep

Making sure you get a good night’s sleep before and after an exam is important, as well as during your studies. Sleep deprivation is detrimental to overall health as well as mental performance in an exam.

Tip 5: Get Your Steps In

It’s easy to swell on exam season by coming home and binging a show or gaming for hours, and this is a valid way of recovering from stress. However, it can be helpful to get out for a walk around campus, or Virginia Water; fresh air and exercise can tend to be in short supply over the exam period, and neglecting your need for these things can be damaging even after the stress of the season is over.

Tip 6: Vary Revision Tactics

It is important to shape your revision around what works for you, rather than trying to fit into a specific method that you might have learned at school, or seen on social media. If you feel like you study better in your room rather than the library, don’t feel obliged to go just because your friends do. At the end of the day you’re all sitting these exams alone, and you should find what’s best for you.
Good Luck!