

MINDSPACE BEATING ONSET EXAM STRESS

1 Don't panic.
Take a deep breath

2 Re-read the
question

3 If you feel
overwhelmed count
to 10

4 Mind block?
write something about the
topic to trigger other facts

5 Try to think back to your
revision notes or what
your teacher would say

6 If the above strategies
do not help move on to the
next question and return
at the end