



Pearson



# Tips for a **calm and steady** approach to exams

The exam period can be a really stressful time for students; help them prepare and take their exams in their stride with these useful tips...





# Before they start, encourage them to...

1

**Read the paper carefully** as a starting point.

2

**Make sure they understand the instructions** on the front of the exam paper, including which questions to answer.

3

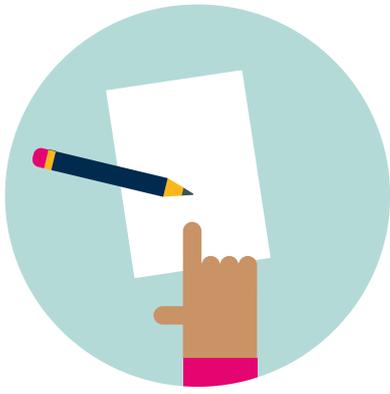
**Check how many questions are in the paper, and how many marks the whole paper is worth.** They can use this information to plan their time effectively. Looking at the marks for each question will also help them to decide how much time to spend on each.

4

**Identify any questions that look more difficult or have more marks allocated to them.** That way they can make sure they leave enough time to answer them.

For more support on the topic of wellbeing around exams, and to learn more about our #healthyhappyschools campaign, visit:  
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# Once they're ready to start, **remind them...**

1

**Not to rush.** Encourage them to read each question carefully and make sure they understand what it's asking them to do.

2

**Highlighting, underlining or circling the main points of the question** will help keep key points in mind as they write their answer.

3

For longer answers, encourage them to **plan how they're going to answer** and what points they want to cover. This will keep their answer focused and make sure they don't forget anything.

4

**Re-read their answers to check for errors** once they've finished.

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# If they get stuck on a question...

1

**Remind them not to panic.** Spending a minute or two breathing deeply will help them get back in control if they do.

2

**Encourage them to move on and come back to it at the end** – that way they won't miss out on marks elsewhere. Many people also find that the answer to a question will come back to them later in an exam.

3

**If they're still stuck** when they come back to it, encourage them to try the following tips:



**Re-read the question.**



**Note down anything that they know about** the subject. Can they use any of this in their answer?



**Do their best with what they can remember.** It's better to have a go than to leave the paper blank.



**Try breaking down the question.** Is there a part of it they are able to answer?

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