

Experiment with relaxation techniques, yoga and meditation and see what helps you. Try the Mindfulness Meditation Taster sessions ran by the Student Counselling Service (see our website for details). Free downloadable podcasts are available on our website:

On the day you can:

Use revision cards if this helps your confidence.
Arrive on time and take a watch.

In the exam

Read through the paper, plan your time, decide priority order of questions, and plan your answers.
Ensure answers are relevant.

