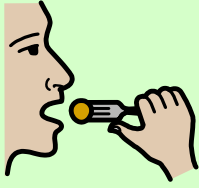


Managing exam stress



Eat and drink
regularly



Sleep regularly



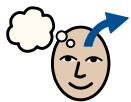
Be prepared



Give yourself
breaks



Make it fun and
reward yourself



Remember: these



tests



won't feel

as



important

in



5 years



time.