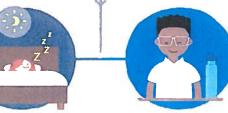
EXAM SLAYING CHECKLIST **NIGHT BEFORE** On THE DAY -CHECK EAT your exam location a decent and start time brekky NOTES PACK-DO a light revision your bag of your notes (don't go overboard) **ARRIVE** → LAYa fittle early out your clothes 07.00 SET **AVOID** any people that your alarm stress you out **←VISUALISE** TAKE 2 → minutes and yourself being calm and confident practice deep and in the exam room slow breathing

to bed early enough to get a good amount of

sleep



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GET -

comfortable in your assigned seat and then get to work