

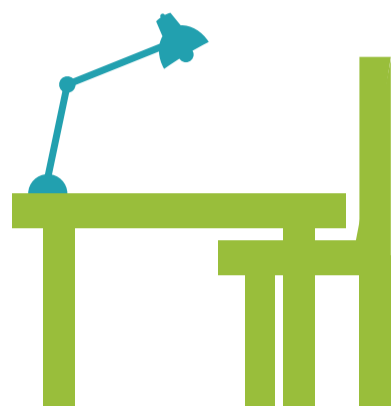
# How to avoid Matric Exam stress



Use these handy **studying tips** when preparing for your **final exams**



Select a study area where you can **work undisturbed** away from a TV or your cell phone.



Set up a **place to study**, with a table, chair, uncluttered work space and good lighting.



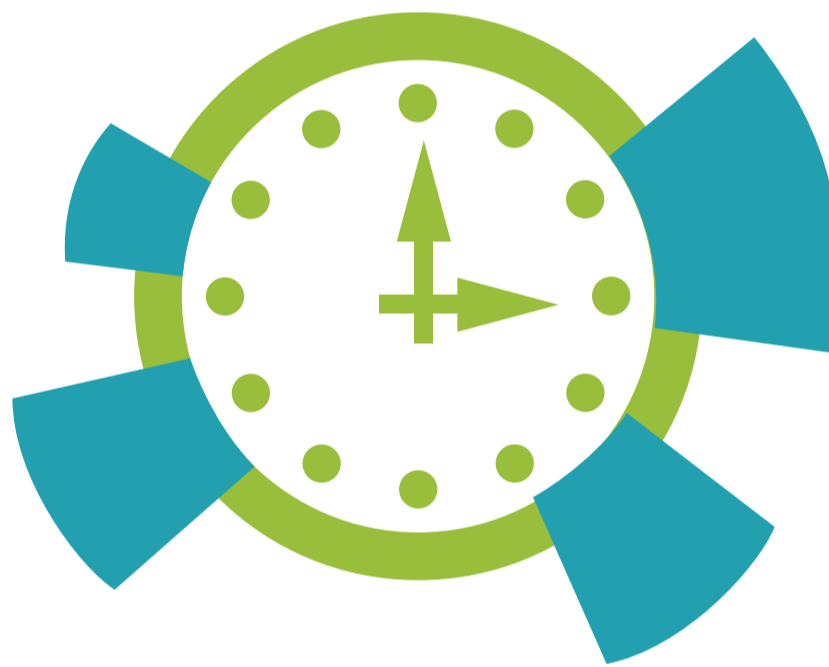
Draw up a special **study schedule** according to your timetable.



Decide what time of the day works best for you to study for example early morning or evenings.



Study in **50-minute blocks**, with **10-minute breaks**.



Select **fixed study times** for every day, including a time slot **over weekends**.

Make sure you arrive **early** on the day of your **exam**.

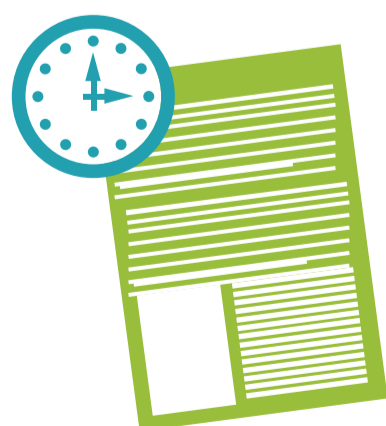
Avoid last minute **cramming**

Break up topics into **manageable sections**.

Find the best **study method** that works for you (summarising, drawing mind maps or flow diagrams).



## On the day



Preview the question paper and **allocate time limits to each question**.



**Read through** and make sure you **understand** the exam instructions.



If you feel you're unable to answer a question, **don't panic** – you can **always revisit it at the end**.