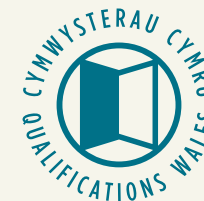




# Top tips for students at exam time



Exams can be stressful, so we've put together some simple tips to help students get through them successfully.



## Get ahead

Don't leave it all to the last minute. Do some revision, however small, including during the last few weeks leading up to exams.



## Get organised

Prioritise your revision time by making a timetable, breaking it down into small chunks to make the task easier.



## Get moving

You're not a machine! Break up the revision by doing some exercise, whether it's a brisk walk or a gym session. It helps your mind relax.



## Get off social media

Easier said than done, but social media can be a major distraction. Go offline temporarily while you revise.



## Get some rest

Don't stay up until the early hours revising - make sure you get enough sleep.

There's much more information on how to deal with exam stress on the [Mind Cymru](#) and [Student Mind](#) websites.

Advice on looking out for stress can be found on the BBC website [here](#) which includes links to Childline and the NHS.