

Studying and Planning for Exams

Exams help my teachers understand what I have learned and help them know what I might need help with.



Studying helps me prepare for my exams.

Studying helps me remember what I have learned in school.

Studying ahead of time helps me feel calm and prepared.



I might use a schedule or checklist to know what, when and how long I need to study for.

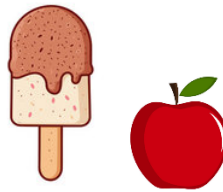
I can study by reading notes, using flashcards, using videos or asking someone to help me.



Taking breaks while I study is very important.



Taking breaks to use the bathroom, get something to eat or drink or to move my body will help me focus and feel calm.



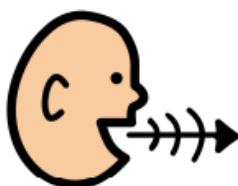
I can study in a quiet place where I feel comfortable.
Some people like to study at a desk. Some people like to sit on the floor or a table.
I can choose what works best for me.



It is important my brain has time to rest.
When I sleep my brain organises what I have learned that day.



It is okay to feel worried about exams, many people do.
If I feel stressed, I can take deep breaths or ask for a break.
Talking to my teacher, parent, carer or friend will help me feel better.



I will remind myself that I can only do my best and my results do not define me.

