



Day of the exam

Eat breakfast to fuel your mind

Remember your exam equipment

Arrive at college in plenty of time

Double check your exam room number

Avoid people who stress you out!

Ensure that all phones/electrical devices are switched off and watches are removed.

Go to the toilet before the exam starts

Remind yourself of how well you have done and all the preparation and hard work you have put in

Remind yourself of your exam strategy

If you feel nervous, pause for a minute and take some deep breaths

Any questions tutors and exam team staff will be on hand to help just ask!

If you have any questions beforehand regarding the exams please contact us on exams.stroud@sgscol.ac.uk or exams.filton@sgscol.ac.uk