

PASSING EXAMS

Look through the list of recommendations

- Set a timetable
- Avoid interrupting
- Do not panic or stress
- Begin with the most difficult material
- Write plans and schemes of answers
- Follow your natural biorhythm.
- Put on business-like clothes without bright and provocative details.
- Don't use too much cosmetics and perfume.
- Make a strict and neat hair-do.
- Have meals regularly.
- Eat high-calorie and balanced food.
- Work in a clean aired light room
- Put on your table things of yellow and violet things.
- Alternate physical and mental work.
- Keep you eyes.
- Before the day of an exam turn to other activities, rest enough.
- Sleep enough.
- Don't be late for an exam.
- Take your passport,a permit, some pens with black ink.
- Control your emotions.
- Read instructions to tests and listen to organizers attentively.
- Have a relaxing night before your exams.
- Read the entire paper.
- Don't leave any questions unanswered.
- Never leave the room early.
- Do not spend too long on multiple choice questions.
- Never omit an entire question.
- Maintain a stable energy level.
- Make sure you understand what you have studied. Don't just try to memorise it.
- Ask your teacher or classmates for help if you find something difficult to understand.
- Eat something before you study Food will give your brain the energy it needs to concentrate for long periods of time. Fruit is a good choice - the sugar in fruit will keep you more awake than coffee.
- Choose places to study where you will not be disturbed
Noise and other distractions make it difficult to concentrate and can affect the amount of information you remember.
- Take regular breaks during study time
- Get at least 6 hours sleep the night before a test You are more likely to remember what you have learned if you have had a good night's sleep.
- If possible, sit at the front of the examination room. If you sit at the front of the room you are less likely to be distracted by other students and can hear the recording better for the listening paper.
- Make sure you understand all the instructions before you begin. Don't be afraid to ask the examiner to repeat any information you are unsure about.
- Before you start your test, quickly look at the whole test paper. Looking at the test paper quickly before you start will help you to manage your time better. Decide how long you should spend on each question.

- Always read the questions carefully. One of the most common mistakes students make is not to read the questions carefully enough. Read all instructions slowly and twice if you have time.
- Answer the questions you find easy first. Answering the questions you find easy first will give you confidence and save you time later on.
- Check your answers carefully. If you have time at the end of the exam, read through your answers. But remember, your first answer is usually correct so only change answers if you see a mistake.
- Be positive and try to stay relaxed