



Top tips for learners at exam time



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



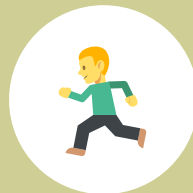
Get ahead

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 Minds](#) websites.

Need a bit of extra support with your exams and assessments?

Visit gov.wales/PowerUp to access well-being and revision tips to help you prepare.