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

Top tips for students at exam time

- **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](https://www.bbc.co.uk) which includes links to Childline and the NHS.