1. Staying motivated and Keeping Focused

Most people are motivated by a combination of internal and external factors or short and long term goals. External motivators generally represent short term goals. Internal motivators arise within us and we own them ourselves – they represent more medium or long term goals. Both are important, but internal motivators result in greater engagement and more enhanced kind of learning.

Some External Motivators

- High marks
- Parent and teacher expectations
- University entry
- Doing better than others in school

Some internal motivators

- Interest in a particular subject
- The wish to improve your knowledge
- Desire to give yourself greater future opportunities
- Seeking knowledge because knowledge is power

2. Anxiety

Anxiety is the most common enemy of motivation. A little can be good because it will energise your study program. Be aware of anxiety, focus your thoughts on those internal reasons for studying. A consistent balance between internal and external motivators will yield the best result.

3. A Healthy HSC

Eating well. Good nutrition is essential. Coke, caffeine, chocolate may help for a while; however these foods have negative effect on overall concentration and memory.

Stay hydrated. Drink water as the brain needs to be hydrated to be functioning at its best. Avoid coffee and soft drink which can affect concentration and cause fatigue and irritability.

4. Social and Personal Time

Time spent with friends and family is important to your mental well being. Try to also d something that gives you enjoyment.
5. **Exercise**

Exercise boosts your mental wellbeing.

Exercise will keep you calm during exams; you will feel more energised and refreshed.

Try taking small regular breaks to refresh yourself and clear your mind. A 15 minute walk is great.

6. **Sleep Well**

Your brain is powerful, but also requires rest. Ensure you have adequate sleep— even an extra hour before an exam.

7. **Relaxation and Breathing Exercises**

(some simple ones available in Careers Room)

8. **Before the Exam**

- Arrive early – 20 to 30 mins
- Ensure you have eaten properly and taken adequate water
- Take a short walk, this will get your breathing and your heart rate at an even pace. Oxygen increases your mind’s attentiveness.
- Prepare and check all your tools (pens, pencils, calculators)
- Take your mobile phone out of your pocket, turn it off and put in some safe place away from you.

9. **Final Exams – What’s the Question?**

- Use your 10 mins reading time to take some deep breaths, get comfortable at your desk, familiarise yourself with the structure of the paper and the sections, time suggested and marks awarded you are required to complete.
- Read the exam question once and briefly consider the main issue and your immediate response. Do you have an immediate response that involves a basic argument and idea.
- Re-read the question and mark the key words and ideas. Use pen or highlighter.
- Re-think your original response again the points you just highlighted and quickly draft some notes.
- Take a breath