

# QUICK TIPS - HSC



## 1

### STOP YOUR STUDY EARLY!

What you don't know now.....you won't know tomorrow! You want to give your brain the change to calm - rather than stress! Sleep is more important!

### PLAN- CHECK QUESTION- EDIT

Time management is super important! PLAN your work (put it at the top of your page!) -- UNDERSTAND the question -- EDIT at the end of each paragraph!

## 2



## 3

### DON'T CHAT AT THE END OF THE EXAM ABOUT THE EXAM!

You've tried your hardest! Don't compare your efforts to others! Be proud of yourself and focus on the next thing!

### EAT WELL -- SLEEP WELL

Have healthy breakies, lunches, dinners and snacks. Reach for healthy foods, not sugary food..... and drink plenty of water (put down that red bull!!)

## 4

