

Tips for success

Helping you be your best for exams, assignments and presentations



Get a good night's rest

A little more sleep will make much more difference than a couple extra hours of hitting the books! Start studying early and try to get a good 8 hours of sleep the night before a test.



Stay hydrated

Did you know that drinking enough water can help you stay focused? Try to limit caffeine so that you can get a restful sleep the night before the big day.



Eat a healthy breakfast

Nutritious foods like vegetables, fruit, nuts, eggs, fish, wild meats, yogurt and wholegrains will help fuel not only your body, but also your brain! Try to have a good breakfast with some protein before exam day.

Get moving!

Physical activity can help you focus, improve sleep and fight stress. Exercise can also make a great break while studying. Try to get up every hour for a mini recharge.



Strike a power pose

How to boost your confidence by changing your body language

Our body language can affect our confidence, so before a test or presentation, give yourself a confidence boost with a power pose! Try a big stretch with your arms up high or strike a superhero pose for a minute in the bathroom before you walk into the exam room. You may be surprised by how good you feel!

For more on how "Your body language may shape who you are", check out Amy Cuddy's TED talk at www.ted.com

