

Preparing for and Sitting Assessments at Home

Wherever you are living, it's important that you can stay focused and study. If you can, make sure that other members of the household are aware of what's required of you when you take your assessments at home.

If it's helpful you could consider creating a routine or timetable for yourself as well as a joint a household schedule with others.

If you find that your circumstances are affecting your ability to study, please make sure you inform your school of the difficulties you are facing.

If you are living in a situation where you are at risk of harm, this [link](#) provides information about where you can get help and advice.

Before the exam

Sleep - Try to get a good night's sleep even if you cannot sleep, give your body a chance to rest.

Healthy Eating - Try to eat at least one proper meal a day, which includes protein and vegetables. The positive effects of a good diet on mood, concentration and productivity are well documented.

Drink- It is important to maintain a good level of hydration. Try to drink around eight glasses of water per day.

Caffeine- limit your caffeine intake. If you are prone to anxiety, it can make it worse.

Exercise- Taking some form of daily exercise will help you to relax.

Meditation and Mindfulness -can be useful in helping you to focus on your breathing, bringing a sense of calm.

On the day of the assessment

- Start by having a good breakfast and don't drink too much caffeine.
- Accept that it is natural to feel a bit of stress before an assessment.
- Try to do something relaxing before you start the assessment.

Create your own exam conditions

Think about what practical steps you can take.

- Find a good place to take your exam – whatever works for you. Make sure you can focus; it is well lit and comfortable and free from interruptions.
- You have access to a desk or table and a comfortable supportive chair
- Good internet connection- inform your household of your requirements in advance.
- A means to monitor your time if you need to.
- Your books, notes, and other resources.
- Remember your required documentation.

For lots of useful tips on how to prepare for exams download our [exam toolkit](#)

[Information about exams and assessments](#)

Student minds [How to: assessments and exams from home](#)

Student minds [Exam stress](#)