



# TQEA EXAM READY GUIDE

## DRINK WELL

1



Ideally 1-2 litres of water a day. Dehydration can seriously affect your ability to think.

## EAT WELL

2



Don't forget Breakfast and lunch. Something healthy and nutritious that will keep balanced.

## EXERCISE

3



Regular exercise, no matter what kind, improves attention span and focus.

## SLEEP WELL

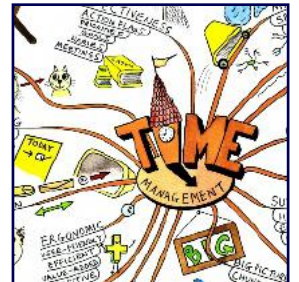
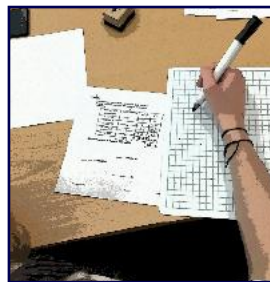
4



Get an early night! You need 9-10 hours of sleep a night.

## QUIET STUDY

5



Make your own space.

Read, Cover, Write, Check.

Record, Listen.

Colour, Draw, Map.

## BE CONFIDENT

6



It's simple. Start at the beginning. Work on your target areas. Assess your progress. Then stop...and go through it all again.

## DON'T PANIC

7



It is a waste of time. You have followed steps 1-5, refer back to step 6.