

# Top Tips

## Dealing with SATs and Tests



SATs and tests are fast approaching. Your teachers are working hard getting lessons ready for you and you are doing your best learning in your lessons. But sometimes things can still get on top of you, and you need to take a breather. Here are some top tips to help you relax and get through this busy time.

1. **Recognise when you are getting stressed** - This might be something physical.
2. **Set yourself a realistic target for revision and preparation.** You should be given plenty of homework activities by your teachers to help you prepare for what you need – it is unlikely that you need to do any more than they suggest. So don't panic cram – rest and other activities are just as important as revision tests.
3. **Don't compare yourself to friends and family.** You are your own person with your own strengths and abilities. Work towards your own goals and ignore any conversations which start winding up people with how much revision each person has been doing - it's not helpful or healthy.
4. **Eat well.** This is so important, especially in the weeks leading up to your busy test week. A good breakfast will set you up for the day so make sure you eat a decent meal before you set off for school.
5. **Sleep well.** Don't revise right up until bedtime. Give yourself an hour to wind down and relax and get at least 8 hours of sleep each night, if you can.
6. **Breathe.** Deep controlled breaths can help in many situations – try 3 deep breaths counting in for 3 and out for 4.