

## #1: Your Self-Confidence:

Your self-confidence will play a massive role in how you perform on the day. Remember, you have worked hard. You should feel confident!

After all, this is only a multiple choice test! You have skills and talents to achieve far greater things in life.

Having a positive attitude helps motivate you and makes your mind sharper. This way, you're better prepared to handle the hard questions.

Don't listen to the little voice in your ear that says "This test is so difficult". Keep trying no matter what. Remember that if you are finding the test hard, others are too!

## #2: Be Prepared for the Unknown:

On the test day, you will inevitably come across questions, which leave you scratching your head.

Question types you haven't seen before. Curve-ball questions. Super lonngggg and complicated questions.

### DOs:

You must be flexible. Adapt to the question. Follow the rules and restrictions. Break it down into simple components. Eliminate tactically. Pay close attention to any key words.

Think creatively, and outside the box.

Use a focussed approach- that is, read the question stem, and HONE IN on exactly what you are looking for. Filter out what's irrelevant.

If you are still lost, you can look at the answer choices for clues. Compare the answer choices, and spot any slight differences between them.

### DON'Ts:

Don't assume or jump to any conclusions.

Don't dwell too long on difficult 'time-sink' questions.

Don't be a perfectionist-remember, the goal is simple: collect as many marks as you can. Time is precious. If you spend too long on a hard question, you are missing out on easy marks from other questions.

So don't be a perfectionist. Don't beat yourself up if you get stuck on a question. Mark it, and move on. You can return to difficult questions, once you have collected all the 'easy marks' from the more straightforward questions.

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### #3: Sleep:

Many studies have proven that sleep deprivation has an enormous impact on your cognitive performance.

For the weeks leading up to May, get in the habit of going to bed early. Aim for at least 8 hours of sleep. Try to avoid using electronic devices late at night, as they emit blue light. Blue light suppresses melatonin release from your brain. Melatonin is the hormone which helps you sleep.

The night before, unwind by doing your favourite activity. Listen to some music, play with your sibling/pet/friend. Eat a good dinner. Talk to your family members. Go to bed early.

Do not cram or study the night before. Remember that the Selective School Test will test your skills, NOT your knowledge, so cramming at this stage is not going to be helpful and will only make you more stressed.

Remember, you know enough. You actually know **MORE** than enough!

So go to bed early, so you can **show** your abilities on the day.



### #4: Eat a yummy and balanced breakfast to fuel your brain:

Don't try anything new or funky. But eat a breakfast which you would usually eat, enjoy and will give you enough energy.

**Fun Fact:** Whilst your brain weighs about 2% of your weight, it actually uses up approx 20% of your body's energy consumption! Clearly, you need to EAT to THINK. Your brain's preferred source of energy is from carbohydrates, which you can find in bread, oats, cereal and fruit.

Balance it with some healthy fats (eg. avocado, nuts) and protein (eg. eggs, meat, yoghurt, milk).

### #5: Breathe, Relax & Accept Your Emotions:

Breathe! As silly as it sounds, your brain needs oxygen to think.



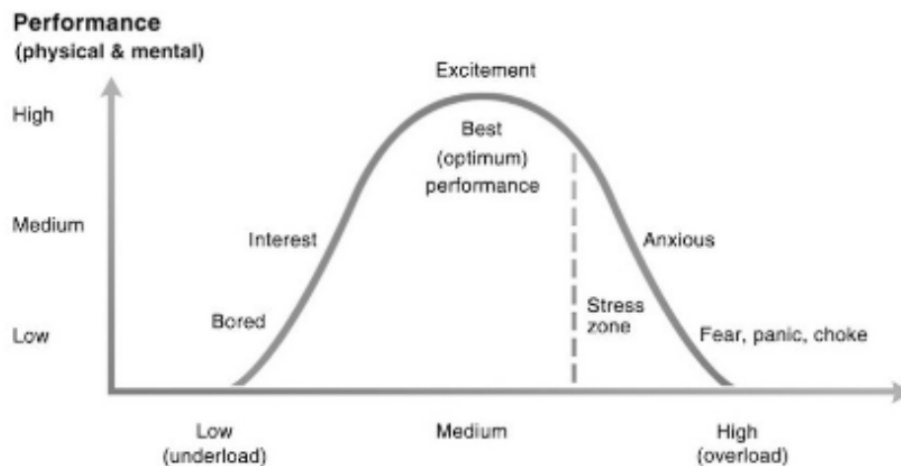
Paced breathing exercises can calm you down, and get you ready to perform at your very best.

You've worked hard, so walk into the exam hall with confidence!

However, if you feel slightly worried, nervous, and stressed, understand that these feelings are natural. Embrace these feelings.

Did you know that you can harness your feelings of stress, POSITIVELY?

Take a look at the Yerkes-Dodson Law.



### **Yerkes-Dodson Law: Relationship Between Stress & Performance**

The Yerkes-Dodson Law states that performance increases with stress, but only up to a point. Moderate levels of stress lead to optimal performance. Yet beyond this point, further increases in stress can lead to a decrease in performance.

Too much stress can make you feel overwhelmed, anxious, or too nervous to do things right.

That's why you have to aim for the 'sweet spot' of stress levels for peak performance. So breathe! You've got this.