

## For better results



### Maintain answer consistency

It is advisable **not** to change your answer unless you are extremely confident, bearing in mind that even in such cases, there is still a possibility of being mistaken.



### Effective approach to answer selection

- Identify one option as an obviously incorrect choice.
- Eliminate another option based on your knowledge and understanding of the subject matter.
- Evaluate the remaining two options carefully.
- Without looking at the options, attempt to answer the question first and then check if you can locate the answer in any of the provided options.



### Utilise flagging technique and continue

- Mark questions for later review and proceed with the rest of the exam.
- Additional questions may offer hints or provide clarification for the flagged question.



### Thoroughly read and analyse each question

- Pay attention to questions that ask for the negative (e.g., "What is **NOT**...").
- Consider all available options and select multiple correct answers if instructed to do so.
- Look for keywords such as "**AND**" or "**OR**" in the question, as they may affect the answer.
- Utilise any highlighting tools provided, if available.

# Before the exam



## Ensure sufficient rest

Prioritise obtaining a **full night's sleep** before the exam to promote optimal cognitive functioning and maintain mental alertness during the assessment.



## Stay hydrated

Prioritise hydration by consuming an adequate amount of water, avoiding energy drinks which may cause unnecessary stimulation and potential negative effects on concentration.

## Allow ample break time

Cease revising material at least **one hour before the exam**, utilising this period for activities aimed at relaxation and mental rejuvenation.



- Take a leisurely walk enjoying fresh air



- Listening to music



- Engaging in calm reading of unrelated material



- Other suitable method of relaxation such as watching television



## Relaxation techniques

Approximately ten minutes before sitting for the exam, engage in **deep breathing exercises** to enhance oxygenation of the brain, promoting a state of calmness and mental clarity essential for optimal performance.