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(for adults & children)

6 Ps to Exam Empowerment

1. **PREPARE** – your body and mind with sleep, healthy food and water.
2. **PUNCTUAL** – arrive in plenty of time (rushing is stressful).
3. **POSITIVE** – be positive about what you have learned and what you know.
4. **PRECISE** – Read test questions carefully and answer them clearly.
5. **PERSISTENT** – Keep going, even when faced with the difficult questions.
6. **PATIENT** – Stay calm and focussed. This time will pass.

It is just the next step to Empower Your Path!

www.empoweryourpath.co.uk