

# Perform as well as you can

- Knowing that you've done your best may help you overcome feelings of letting anyone down.
- Don't go through the answers afterwards with your friends if it is only going to make you more worried.
- Try to put the last exam out of your mind and look ahead to the next one. You can't go back and change things.

You're you, so you can only do the best you can on the day.

## Phew!

Exams over? Pat yourself on the back – it's time to relax and forget about them.

### If you did well – congratulations!

But remember, there's life beyond exam results. Disappointing grades are not the end of the world, even if it does feel that way at the time. You might decide to resit, and in any case, there will be lots of other opportunities to express yourself and succeed later on in life.