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The Exam Skills Handbook
Achieving Peak Performance

To succeed, preparation is the key and *The Exam Skills Handbook: Achieving Peak Performance* coaches you through the entire examination process, helping you realise your personal best. Tackling the most frequently asked questions such as 'What do examiners really want?' and 'What should I revise?', this book offers a practical step-by-step programme for every aspect of your exams:

- Not sure how to revise? Use the 'ready-made' revision sessions provided here to give you clear guidelines and ideas
- Not sure where you are going wrong? Use the activities and structured reflections to identify the strategies that work for you
- Anxious about exams? Use the suggested techniques for achieving mental calm so you can approach the paper with confidence
- Concerned about your memory? Use tactics that build your interest and enjoyment

At whatever exam stage you are at, *The Exam Skills Handbook* will energise your exam preparation and give you the edge to succeed.