

Think about it!

Helpful thoughts

Here are some examples of helpful thoughts that will come to your aid during exam periods:

- If it doesn't work out, at least I tried. I can learn from my mistakes.
- One step after another: Even the biggest mountain of study can be climbed in a few manageable stages.
- It's OK to not be perfect.
- Making decisions sometimes means giving up, but also making progress.
- I can and should treat myself to breaks and free time. I need them to recharge.
- I want to achieve this because ...
- Comparing myself with others doesn't help, I will stay true to myself.
- I see this as a challenge that I can master (challenge accepted!).
- I have already had to do a lot to get to study here. I can do this too!
- It's not too late. I can still do it.