

<b>R</b>	Acknowledge that exam pressure is <b>real</b> , and the consequences of failing the exam substantial, but that the bulk of the syllabus should be <b>revision</b> not new learning. Ensure you are familiar with <b>required reading</b> and be <b>reassured</b> that there are numerous <b>resources</b> available to support your learning.
<b>E</b>	Consider <b>exam technique</b> . Be familiar with the style of the examination (in advance, not on the day). If you are invited to participate in a pilot to test a new system or process, ensure you do so. Do past paper questions if these are available and read the questions carefully.
<b>F</b>	Your pharmacy <b>friends</b> can help to motivate you. Perhaps consider having a study group but don't become obsessed with their progress versus your own, as this can be counterproductive.
<b>O</b>	You must be <b>organised</b> since you have to balance working full time with studying (and this could also be the case if you decide to undertake postgraduate studies). While you have had to juggle assessment deadlines at university, you also may have had more time to revise. Start <b>planning your approach for the registration exam now</b> (potentially using a revision timetable) and be realistic about what you can achieve in a day. Use <b>opportunities</b> at work. You should be aware at this stage that you can learn a lot from patients and events that occur in practice. Ask your tutor or other work colleagues to test your knowledge and application of knowledge.
<b>C</b>	Do numerous <b>calculations</b> so you feel <b>confident</b> with the various types. Students typically find calculations more challenging than other aspects of the course (regardless of whether it is undergraduate or postgraduate assessments). Think about the ethos of <b>continuing professional development (CPD)</b> and being a reflective practitioner. You are not just learning this information for an exam, but rather to support you as you embark on your future career as a pharmacist.
<b>U</b>	<b>Use</b> what works for you. You have already successfully passed numerous other examinations so have confidence in your ability and that your approach works.
<b>S</b>	This can be a <b>stressful</b> time; look after <b>yourself</b> and your mental health. Follow a routine, take regular breaks, exercise, eat a healthy diet, and get plenty of sleep.