

Exam wellbeing and preparation

Preparing for the exam can be difficult, but the CQI is committed to supporting you through the process.

For some people, the biggest source of exam anxiety is not knowing what questions will come up. But in addition to this, many learners are unsettled by the examination process itself. Setting aside time to read the online exams guide for learners will help you to be better prepared for the exam.

Managing anxiety

Experiencing anxiety during exams is perfectly normal and can even enhance performance. However, if you feel too much anxiety your performance can begin to suffer. Below are some practices to help you reduce your anxiety during the exam period.

Breathing exercises

Breathing is perhaps the most powerful tool we have to regulate our anxiety level, and to restore calm and composure. Taking control of your breathing gives you a crucial element of control over your body's physiological response to stress. Try doing 5 – 10 minutes of breathing exercises twice a day, and whenever you are conscious of rising anxiety levels.

Mindfulness meditation or yoga

Many learners find Mindfulness Meditation extremely helpful to manage stress.

Online exam practice

You can get exam-ready with access to the practice exam questions available on the SARAS [Practice Portal](#). The practice questions can be used as a learning aid during the course as well as familiarising yourself with the types of questions that will be randomly selected in your actual exam.

We strongly advise you also use the practice questions to become familiar with how the system works and to make sure you do not have any technical difficulties. You can attempt the practice questions up to 99 times – your answers are saved after each attempt and a report will be available for you to review your performance. Note that the practice questions are a sample of the exam questions, but the practice portal will reflect the layout of the actual exam.

You will have 30 days from the last day of your course to take your exam. The practice questions may be available earlier, depending on when your training partner registers your details with the CQI.

You can also view a video guide for using the practice exam questions in our '[Need help?](#)' section. If you have any questions or concerns, please contact your Approved Training Partner or the CQI via our [online help form](#). Good luck with your exam and we hope you have a good experience.