

## Chapter 1 : ICDL Exam Cram 2 | Pearson IT Certification

*This kit includes the ICDL Exam Cram 2, covering exactly what you must know to pass the latest ICDL modules, and the ICDL Review Exercises Exam Cram 2, which offers more than questions to help you test your understanding. It's the perfect study package for you to study for the ICDL!*

June 13, Author: Library Communications and Events Filed under: Here are six items you absolutely must have for Exam Week s: Having a hard copy planner can make you feel like you are on top of things, even if you just have all your exam dates written down. But if you make the effort to purchase one, you might as well use it, right? Be sure to pencil in times to eat and sleep. You laugh now, but trust me, your tummy will be thankful your planner forced you to eat at 8pm before another all-nighter in the library. In our humble opinion, a warm, cosy pair of socks takes the exam survival kit from meh to marvellous. Who can study effectively when they have cold tootsies? A hoodie is also a necessity for when the temperature drops can also be substituted for a blanket. Now you could be the epitome of dental hygiene and throw a toothbrush and toothpaste in your survival kit, but we are sticking with chewing gum. And why, you ask? Well, it serves two purposes. It not only keeps your mouth fresh, it has been scientifically proven to help you concentrate. The researchers say that gum increases the flow of oxygen to regions of the brain responsible for attention. More oxygen can keep people alert and improve their reflexes. Check out the British Journal of Psychology study here. Research has shown that certain foods have nutrients that can strengthen our memory or ability to focus. According to studies at Tufts University, the consumption of blueberries may be effective in improving or delaying short term memory loss. Not juice, not soda, not a thermos of coffee. The challenge is deciding what to pack. Something literary, like a novel or magazine? Something physical, like a yoga mat or stress ball are these even still a thing? Or maybe just some music? Studies have shown that looking at cute kittens and puppies on Instagram or YouTube could help improve your performance. Check out our article here.

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