

Dear [Friend's Name],

I hope this letter finds you well! With exam week just around the corner, I thought I'd share a few tips and reminders to help you get through it smoothly. I know how stressful this time can be, so here's some friendly advice on things you should (and shouldn't) do.

Do's:

- **Stick to a study schedule:** Plan your study time and stick to it. Breaking your subjects into smaller topics can make them much more manageable.
- **Get plenty of rest:** Don't sacrifice your sleep for late night study marathons. A well-rested mind remembers better!
- **Eat healthy meals:** Stay energized with nutritious snacks and meals. Don't skip breakfast on exam days!
- **Stay hydrated:** Keep a water bottle with you and drink regularly.
- **Take regular breaks:** Give your mind some rest-get up, stretch, or take a short walk to recharge.
- **Ask for help:** If you're stuck on something, reach out to friends, teachers, or classmates.

Don'ts:

- **Don't cram last minute:** Trying to learn everything in one night rarely works. Start early and review a little each day.
- **Don't overdo caffeine:** Too much coffee or energy drinks can make you jittery and anxious.
- **Don't compare yourself to others:** Everyone has their own pace. Focus on your own progress and don't stress about what others are doing.
- **Don't get distracted by your phone or social media:** Try to keep these distractions to a minimum while studying.
- **Don't neglect your mental health:** If you feel overwhelmed, take a moment to breathe, relax, and maybe talk to someone you trust.

Remember, exams are important, but they're not the end of the world. Stay positive, believe in yourself, and do your best! Good luck-you've got this!

Best wishes,
[Your Name]