



EXAM PREPARATION TIPS

WHAT CAN I DO TO PREPARE FOR EXAMS:

- ✓ Set goals for each day, plan your time accordingly
- ✓ Work in chunks with short breaks
- ✓ Be aware of your learning environment and how you work best
- ✓ Use visual aids and word associations such as pictures, charts, flashcards and graphic organizers
- ✓ Use what works best for you (speak it, draw it, sing it, write it)
- ✓ Be aware of distractions, such as electronic devices and your physical environment
- ✓ Review, practice and then have someone test you or test yourself
- ✓ Review past homework questions, test questions and review questions
- ✓ If you come across a problem when studying, write down questions to ask the teacher for clarification
- ✓ Keep going if you encounter difficulties. Don't give up!



MANAGE STRESS BY:

- ✓ Not cramming - avoid procrastination
- ✓ Staying organized
- ✓ Staying active - exercise may re-energize you
 - ✓ Eat well
- ✓ Rest - get enough sleep!
- ✓ Be aware that anxiety can be contagious - try to stay away from those that may be anxious about the exam



STRATEGIES DURING EXAMS:

- ✓ Think positively!
- ✓ Preview the whole exam before beginning to answer any questions
- ✓ Make sure your exam has no missing or duplicate pages
- ✓ Read the instructions carefully
- ✓ Allocate your time - do not spend too much time on any one question
- ✓ Allocate time to review your answers
- ✓ If you don't know the answer to a question, circle the question number and come back to it later
- ✓ Note the value of each question to ensure you are putting enough detail when needed
- ✓ When writing essays, organize your thoughts first by writing a brief outline or mind map



STRATEGIES FOR SUCCESS - EXAM PREPARATION

