

EXAMS: GO FOR GOLD!!!

You can do it! You can prepare for it! These are some approaches & techniques that help!

Getting ready... Now!

Plan your time

- Add up total time available
- Calculate how many hours for each paper
- Divide study into 'chunks' /tasks
- Fill in your time plan

Keep up motivation

- Alternate study tasks (hard/easy, mind-mapping, diagrams, cue cards etc.)
- Plan some rewards/treats for yourself
- Work with other students: studying together has been proven to be effective for many students.

Body, mind & spirit

- Exercise regularly – it is a way to counteract any stress
- Share your challenges – talking helps
- Eat healthy – your body needs to be helped to put in a top performance
- Keep up your fluids (water!) – your body is 70% water
- Engage in positive self-talk: yes, exams can be stressful, but they are not the end of the world

On your marks... The day of the exam

Logistics check-list

- Have you checked out where the exam venue is? Better to do that the day before
- Have you double checked, triple checked: what exam, where and what time?
- Exam pack ready? ID card, multiple pens, handkerchief, water bottle, University approved calculator (if allowed) with fresh batteries
- Do you have plenty of time to get to the exam venue?

Body, mind & spirit

- Have a good breakfast. If you are too anxious, have a banana or a smoothie
- Practise a simple breathing relaxation technique
- Listen to music that makes you feel good
- Do not meet up with friends who are likely to distress you with questions or doom scenarios
- Affirm some positive messages: I have done my best; exams are not always pleasant but I can do it; exams are not the end of the world.

Go for it! Doing it!

In the exam – hot tips

- Read instructions carefully: sometimes you don't have to answer all questions, and you may have to choose
- Make a quick time-plan: often questions have different mark allocations; the time you spend on each question should reflect this
- Read the questions carefully, underline key words: answer the question exactly. Do not write 'around' the question
- Do your planning (especially for essays) in a supplementary booklet.
- Do your best question first
- Attempt all the required questions
When you run out of time: bullet point the answer

- Feels too hard? It is only a short time
- End of the world? You will survive. There is life after exams
- Motivation? Students are in this together – support each other