

Top Tips for Exam Success



Attend to Achieve

Make sure you attend the last lecture - lecturers will often give tips on the exam. Take notes and listen carefully. This will help you to focus your revision to the key concepts.



Study Strategically

Revise weekly notes and identify what you don't know. Use your subject outlines to ensure you are focusing on the key content areas.



Plan for Success

Make sure you complete your Study Planner leading up to the Exam period. This will help you feel more organised and reduce anxiety. Contact the Learning Centre if you need a hand.



Timely Tips

During your exam, be strategic about your time. Consider the grading structure and allocate your time accordingly to ensure you allocate maximum time to heavily weighted questions.



Stay Ahead

Pace yourself with studying leading up to exams. Avoid cramming last minute. Allocate time for wellbeing activities to maintain balance so you can remain focused and positive.



Practice Period

Use a variety of techniques to study. For example you could grab a coffee with friends and have a mini quiz to test your knowledge, use flash cards or organise a group study session.



Mindfulness

It is important to control your emotional and physical state in order to function. Try relaxation exercises like yoga, stretching and meditation. Get some fresh air and get active - it helps to clear the head.



Study Smart

Identify common themes and important facts from your subjects and create a mini-exam to test your knowledge and recall skills.



Sleep for Success

Research shows students who forgo sleep in order to 'cram' perform worse than students who get six-eight hours sleep per night. Get into a regular sleep routine so you are refreshed and well rested.



Seek help

Remember you are not alone and if you do start to feel overwhelmed and anxious, contact the friendly staff in Student Equity and Wellbeing for some assistance.



Be organised

If you can use notes or textbooks during your exam, be organised. Arrange them in a logical order, use coloured tabs, and highlight key information to avoid wasting precious time.



Study, Stop and Revive

Let your brain and body have regular breaks during study time to recharge. Reward yourself for your hard work - watch a movie, listen to music or catch up with friends.



Stay Healthy

Eat healthy, exercise, drink plenty of water and avoid alcohol, high caffeine or energy drinks as these negatively affect concentration and recall. Eat brain foods like bananas and nuts and protein for stamina.



Memorisation

Use memorisation techniques or create your own anagrams to help you remember and recall key concepts. View Active Study Strategies on The Learning Centre's website.



Procrastinations and Distractions

Put the time in and you will get the rewards. Make sure you have a quiet, designated study space at home to help you study undisturbed.



Keep Focused

Remember the overall goal! Positive thinking is powerful - challenge any negative thoughts. Stay focused and keep calm. Trust yourself. If you study strategically you can enter the exam calm and confident.