

Top Tips

PREPARING FOR EXAMS AT HOME



PLAN TO HAVE QUIET TIME

Plan with your family and housemates to have quiet time for online exam.

Create an exam schedule and stick it up on your fridge for everyone to see.

TECHNOLOGY SET UP

Use the same computer and set up for all your exams. If you have technology difficulties during the online exam ensure you know who to contact/what to do well before the exam starts.

SET UP YOUR SPACE

Set up the space you intend to sit your exam in prior to the actual exam time. Factor in ways to reduce noise, set up furniture to support your posture and set the temperature for comfort. Studying in this space before you take the exam will help you remember the material on a deeper level.

DRESS FOR EXAM SUCCESS

Dressing for success is different for everyone. Dress in comfortable clothing that will help you focus better.



SET YOURSELF UP FOR SUCCESS



SLEEP & MOVEMENT

Getting enough sleep will improve your performance.

Just before you go to sleep go over your study notes. Your brain will continue working on the content as you sleep.

Take breaks and include physical exercise for increased cognition.

ORGANISATION

Create a schedule for the time you have been allotted for each exam. For longer take home exams ensure you are working on the exam at the time of day that works best for you.

Let everyone know you will be unavailable during the exam time.

PREPARATION IS KEY

Whether you have a take home exam, closed exam or online exam preparation is key. A take home exam, access to notes or an extended period of time doesn't necessarily mean you will know more or perform better. Mastery of your topic will.



ADMINISTRATION

Ensure you can answer the following:

What are the rules for the exam?

Can you reach out to your lecturer/tutor or support service?

Do you have to upload images for the exam or print out the exam?

For more exam tips visit

<https://www.jcu.edu.au/students/learning-centre/exams>

