

Top 10 Exam Tips

proper

preparation

prevents

poor

performance

Revise strategically

- Identify what you do know and what you need to work on
- Keep a revision check list
- Motivate yourself with rewards
- Use Subject Learning Outcomes to create a concept chart/map and to link ideas

Go to last lecture

Go to the last lecture



Lecturers often give tips on exams in the last lecture, listen carefully and make notes
Make sure you have all subject materials

Revise Strategically

Test yourself

Test yourself

- Explain concepts to another
- Draw diagrams to explain relationships between concepts
- Develop a quiz and practise under exam conditions



Get Active

- Physical activity beats stress
- Short bursts of activity between blocks of study helps concentration

Get active

Eat well

Eat well

- Keep your blood sugar in balance by eating regularly
- Drink plenty of water
- Eat protein for stamina
- Eat foods that help your brain such as bananas and nuts, especially prior to the exam



Get organised

- Know the time and place for each exam
- Know how to get to the room
- Know what you can bring
- Write a list of items to bring, such as student ID
- Get them ready night before

Get organised

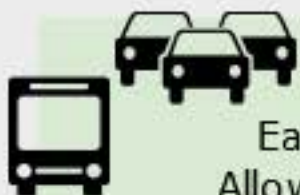
Manage your time

Manage your time

- Take time off work
- Avoid all distractions until after exam or use them as a reward after a chunk of study
- Study early and avoid cramming
- Set study goals - stick to them
- Plan your days to achieve study goals
- Review your concept chart/map the day before

Arrive early

Arrive early



- Get an early night
- Eat a good breakfast
- Allow plenty of time for travel
- Arrive early to relieve stress

Stay focussed

- Nerves can be debilitating so when you arrive, stay away from people who are nervous, this is about your success not theirs.
- You have studied strategically and so you can remain calm and confident

Stay focussed

Be wise

- Brain dump during perusal time - write notes that will jog your memory later
- Answer what you know first
- Allocate time spent on question according to marks
- Answer all questions
- Do not leave early - use the time wisely: review and edit



Be wise

SUCCESS



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