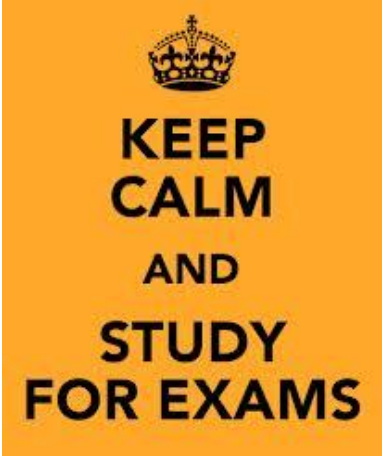





# Exam Strategies

<p><b>Before the exam</b></p> 	<p><b>Note all your exams, dates, times and rooms</b> on a wall planner.</p> <p><b>Make a study plan.</b> Timetable study times noting the specific topic you will study in each slot.</p> <p><b>Find out the exam instructions.</b> Look at the instructions on some old exam papers so you are familiar with what you might have to do.</p> <p><b>Plan out your exam time in advance.</b> Work out the time that you will start and finish each question. When you get in the exam room, write your timings on a piece of paper and keep sight of them.</p> <p><b>Practice</b></p> <ul style="list-style-type: none"> <li>• Attend any mock exams provided.</li> <li>• Find old questions and exam papers.</li> <li>• Make up your own questions.</li> </ul>
<p><b>The week before</b></p> 	<p>Drink plenty of water in the week before so you are not dehydrated.</p> <p>Try to build in exercise to work off excess adrenalin.</p> <p>Work on relaxation to try to stay clear and focussed.</p> <p>Avoid people who make you feel unsure of yourself.</p>
<p><b>The night before</b></p> 	<p>Check over any exam details you have.</p> <p>Prepare what you will need—pens, rulers, water, exam room number, ID card etc.</p> <p>Avoid people who panic.</p> <p>Have a snack and a hot relaxing bath before bed. Leave plenty of time to sleep.</p>
<p><b>The day of the exam</b></p> 	<p>Eat well before the exam to keep up your stamina. Slow releasing carbohydrates such as toast, eggs, milk bacon, and cereals are best.</p> <p>Leave plenty of time for the journey in case of delays.</p> <p>Check the room number of the exam.</p> <p><b>Remember to breathe.</b></p> <p><b>Think “I can do this!”</b></p>

### Once the exam begins

- Write out the times for each question you prepared.
- Write down any notes, acronyms, diagrams, equations you have prepared.
- Read through every question before you begin.
- Take a couple of silent deep breaths.
- Think “**I can do this!**”
- Work calmly through each question.
- Remember your marker is not looking for perfection.
- You do not need to do any APA referencing!
- Before handing in your exam paper, check that you have attempted each part of each question.

### When the exam is over

- Congratulate yourself on getting through the exam.
- Treat yourself to something special as a reward.

### Additional tips for studying for exams

- Work out what kind of learner you are - visual, auditory or kinaesthetic.
- Use study methods that match your preferred learning style.

<b>VISUAL</b>	<b>AUDITORY</b>	<b>KINAESTHETIC</b>
Use pictures and graphs	Record notes then play back when doing other activities	Make models
Colour code notes	Study groups	Use flash cards
Use flow charts for taking notes	Study buddies	Memorise when walking or exercising
Visualise the information on the page	Record questions then try to answer the replay	Role play
Use shapes and colours to represent concepts	Read facts out loud	Write down questions and answers
	Rap or sing the information to tunes you know well	Use apps for study

- When reading over notes, do something with them – reword them, rewrite them, write down questions that come up as you read.

### References:

Cottrell, S. (2013). *The study skills handbook* (4<sup>th</sup> ed.). Palgrave Macmillan.