

Top 10 tips on preparing for examinations

Many students can get anxious about taking examinations. For some students it is physically and mentally very stressful.

Here are some things you should know to help you become confident and successful at sitting for exams.

1. Be consistent.

Consistent work through the semester is the best preparation. Try to complete reading reviews of your core readings throughout the semester and organise your notes early on to avoid last minute cramming. Use the unit learning objectives as a focus for your exam study and preparation.

2. Look at past exam papers.

If your unit exams are available, you can [find past exam papers on the library website](#). Make sure you understand the structure of the paper and how the marks are allocated. This will help you allocate appropriate times for the questions during the exam. The higher the marks, the more time you are expected to spend on a question.

3. Work through past exam papers that are available to you.

To be most effective in your study, complete the questions in a set time under exam conditions.

4. Look after yourself.

In the lead up to your exam, remember to eat well, maintain healthy friendships and exercise. Maintaining a healthy lifestyle is one of the best preparations you can undertake for study.

5. Check your timetable.

Check the exam timetable early and note the times in your diary or calendar. Check before the day that you know the location of the exam room.

6. Arrive early.

On the day of your exam arrive early, to give yourself plenty of time to focus on the exam and go through your notes. Try to relax and avoid coffee and other stimulants before your exam.

7. Check your reading time

The reading time for an exam is the time allocated to reading the exam paper, not answering the questions. For a "write on" paper you may not make notes on the paper. For all other papers, you may make notes on the paper.

8. Use your reading time affectively.

Use the reading time (usually ten minutes) to identify questions with which you feel more confident, so you can tackle them first.

9. Use the services available to you.

There is a range of services on campus that can assist you with your exam preparation and anxiety. If you have any issues that could hinder your participation in the exam, you need to register these with the Equity Office or the Exams Office before week 12 of the semester.

10. Talk to the Exams Office.

If you experience any problems on the day of your exam, get in contact with the Exams Office immediately.

Watch the video below

DON'T let this be you! [Register for a workshop](#) or visit the [Student Learning Centre](#) for more information.

[Mr Bean: Exam Cheat \(YouTube\)](#)