

PREPARING FOR AN EXAM

Pace Yourself

- It's not a race! Use all of the time you are given and manage your time based on how many questions there are and how many marks they are worth.

Practice Self-Care

- Most of what we perceive as threatening in modern life is not a life-or-death threat
- Academic anxiety happens when we OVERestimate the threat or UNDERestimate our resources to deal with it
- Sleep will help you to remember information and help you feel rested and re-charged, making sure you get enough sleep the night before!

Get Organized

- Find out what types of questions are going to be on the exam
- Review your syllabus to understand the major themes and goals of the course
- Arrive at least 15 minutes before the exam!

Practice the Exam Format

- Understand first, memorize later! You need to understand the content in order to remember it all
- If your exam is multiple choice, test yourself using multiple choice questions, then you will be prepared for the actual exam!

Try Proven Study Strategies

- Spaced Practice: divide tasks into small manageable pieces you can spread out over multiple study sessions
- Elaboration: DO something with the material to make it your own! Translate it into a mind map or use cue cards!
- Dual Coding: record information in more than one way by associating images with key terms

