Top 10 Exam Tips

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

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

3. Get active
   - Physical activity boosts stress
   - Short bursts of activity between blocks of study help concentration

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

5. 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

6. 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

7. 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

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

9. 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

10. 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