Hints on how to prepare for exams

Study skills
Revise as you go during the session. Use assignments as an opportunity to revise for exams. Try recalling summaries and concepts while waiting in queues, in the shower etc. Use mind maps to link all that you know about a particular topic and to plan for further study.

Keep a positive attitude
Remind yourself that good preparation supports success. Recall past successes. If stress gets the better of you, remember there are always ways of dealing with it. Talk to a Counsellor who can offer strategies to combat stress.

Keep fit and healthy
For peak performance keep regular, eating, sleeping and exercise patterns. Take recreation breaks often.

Draw up a revision exam timetable
Allocate your time so that all topics have been covered separately, in short sessions, before exam week and then again just before the exam. Take time off from jobs or other activities, if necessary. Work to a varied, flexible plan.

Find out exactly what is required for the exam
What will be covered and what will be omitted? (refer to course outline). List the things that you must know and rank them in order of importance. Know what types of questions to expect: essay, multiple choice, short answer?

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