



THE ART OF TAKING EXAMS



BEFORE AN EXAM

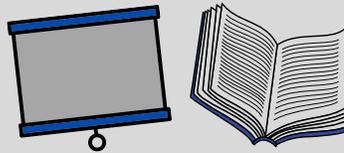
1

PLANNING

Make a clear and comprehensive to-do list



Include all lectures, readings & assignments that will be covered



Plan your study schedule based on your to-dos (don't forget to include time for review!)



2

STUDYING AND TESTING

Study using multiple methods and ways of accessing the information.



Practice like it's the exam! Mimic exam settings including time and materials available



Have a consistent study space. Have all your materials available and stay away from distractions



3

SELF-CARE

Take time to take care of yourself by doing things that make you happy!



Make sure you are eating healthy and exercising



Try practicing mindfulness by doing some deep breathing, yoga or meditation



DAY OF THE EXAM

REVIEW

Go over your notes and review what you have covered. Now is not the time to be learning new things, but time to solidify what you already know.



RELAX

To perform your best you need to enter the exam calm. Take the time to breath and relax. You got this!

breathe

EXECUTE

Make a plan of action where you decide how much time to spend on each question. Take into account the value of each question, and your knowledge. Don't forget to plan in breaks!



AFTER THE EXAM

YOU DID IT!

You did it! Be proud of all you have accomplished. Plan something fun for after the exam and avoid students who just want to talk about the exam.



REVIEW YOUR EXAM

Review your graded exam so you can see where you went right and where you went wrong. Don't forget to check for grading mistakes



REFLECT

Think back over your exam experience and ask yourself: What would I do the same? What would I change? Now is your time to learn from the experience and grow as a student.

