TOP TIPS FOR PREPARING FOR EXAMS

ABOUT PREPARING FOR EXAMS

The mention of exams causes an increase in heart rate or rise in temperature for most students. However, with organisation, focus, determination, eustress and revision, you can feel good about the experience.
1. Schedule your exam preparation early.

2. Read unit outline and revise notes once a week all semester.

3. Attend lectures and tutorials face to face or online and listen for cues for what is important.

4. Find out about the types of questions, exam length, and main topics.

5. Review past exams for hints. You can find these in your unit resources and in the library.

6. Make a plan of the order in which you will do the exam questions: 1st easiest, 2nd hardest; 3rd medium range.

7. Use mnemonics such as concept maps to organise study material and use colours and illustrations for better memory recall.

8. Exercise focus techniques and take breaks regularly, eat and sleep well.

9. Know where the exam is, and make sure you have enough time to get there.

10. Find out about eustress. You need it to get you going. Remind yourself of past successes.

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