STUDY SKILLS TIPS FOR NOVEMBER
TEST-TAKING TECHNIQUES

What do you do in the few days before an examination?

At least a few days before the exam, make sure you do the following:

- Plan out how much time you should spend on each section of the test.
- By looking at past papers, get a feel for the types of instructions that will be on your paper.
- Do some exercise so you can burn off the pent-up stress that can come before exams.
- Look after your body – lots of water to juice up your brain, healthy food, decent sleep.
- To calm nerves, make mental pictures of yourself sitting down and doing well in the test.
- Purchase any equipment you may need, extra calculator batteries, pens, rulers etc.
- Ensure you know what equipment is allowed in the test or exam.
- Focus on reviewing the key points, perhaps a condensed version of your summaries.
- Practise as many past test papers as you can get your hands on.
- Check the timetable to ensure you have a clear picture of when each exam is being held.

The night before the test or exam:

- Pack your bag with everything you will need for the next day, ensuring you have all necessary equipment.
- Plan what time you need to leave to ensure you have plenty of time for unexpected delays.
- Don’t go to bed too late – you need to make sure your brain is fresh and alert.
- Don’t ring friends and discuss your preparation or the examination.
- Just before you go to sleep, look through your notes briefly.
- If you have a number of exams, check the timetable to doubly confirm the date, time and location of the exam.

The morning of the test or exam:

- Visualise success. Before you get out of bed close your eyes and picture yourself going into the exam, doing well and coming out pleased with your efforts.
- Review your notes. You are not doing intense study at this stage, just looking through and reminding yourself of the main things you want to remember.
- Eat breakfast. Your brain needs fuel so eat a hearty breakfast so you can focus and concentrate in the exam.
- Be on time. Make sure you leave enough time for contingencies so you won’t be late.
- Avoid negativity. Don’t stand around in the group discussing what you did and didn’t study.