

Student

Tips

STUDYING FOR EXAMS

Start early! Create a study schedule for the weeks leading up to your exam. Ensure to include breaks and moments to relax with family and friends.

Prepare study notes that are effective for your study purposes and for how you learn best.

Talk to your teachers. Ask specific questions about content you are still unclear about, but be ready to also demonstrate what you already know.

Prepare some group study times with classmates who will help keep you on task. Take the time to question and explain answers to one another.

Steer clear of distractions and create a study space that works for your needs.

Practice well-being and self-care including snacking on 'brain food', getting sufficient sleep, and physical activity.

Plan your exam day including all the materials you will need, a good night's rest and a good solid breakfast with protein.

After the exam, take some time to do something you really enjoy!