



Ready for your exams?

These ten study tips might help.

1. **No distractions.** That means Facebook and Twitter. Log out completely so it's harder to flick between browser tabs. And give yourself a reward, eg "I can check my phone again in 1 hour."
2. **Practice papers are gold.** They're excellent practice for your mind, but also necessary to combat writer's cramp in the exam itself. In an age of keyboards and touch-screens, a sudden day of handwriting can take a toll when least convenient.
3. **Plan your study time.** Allocate enough time in the day to study for different subjects, a timetable or weekly study schedule is perfect. The yourtutor online tutors have some examples you can use if you ask - and ECU gives you free access at ecu.edu.au/yourtutor
4. **Look after yourself.** It's important that you feel rested on the day of the exam. Get an early night and eat sensibly before the exam. Eating a nutritious meal can help you feel physically comfortable and stay alert and focused for your exam.
5. **Develop positive self-talk.** Avoid thinking of yourself and exams in a negative way. Instead of thinking, "I know I'm going to fail" try and think "I'll do my best".
6. **Timing is everything.** Wear your watch and keep track of time. Get familiar with how long the exam will take and time yourself. You'll be more confident in the exam room.
7. **Read the question.** Underline key words and make sure you're answering the right question and doing what it asks. For example, is it only asking you to answer one of the four options? Or all four?
8. **Memory block during the exam?** Don't panic. Think of some related facts or key words and it might come to you faster.
9. **Check every page.** Don't accidentally miss the sneaky question printed on the back page.
10. **Relax after the exam.** Have some water, listen to some music. The exam is over and has been whisked away. Stay upbeat and smile, there's no point worrying – think about studying for the next one.

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