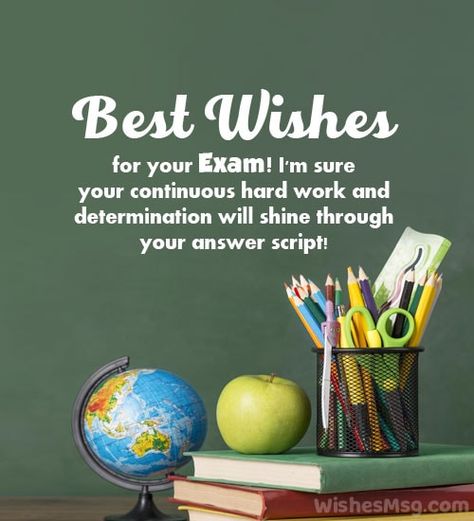
**Important Exam Strategies for Success**



**1. Create a study schedule**

It is important to consider which courses you might need the most study time and which courses you have more confidence with in regards to the content. Then, decide on the following: what subject do you want to study first, how long will you need to study for that subject, and what study materials are most relevant to the exam for that course. Once you determine the above, create a tangible Monday through Sunday, 24-hour schedule, and block off your study times.

**2. Study with a positive attitude and clear direction**

It is key that you view final exams and how you prepare for the exams in a positive way which entails having a clear mind and a confident attitude. For example, instead of viewing final exams and studying as tedious, change your attitude from “This is so boring!” to “I know my stuff!”

**3. Aim for progress not perfection**

There may be times when you will make a mistake or when you will get stuck. Let that not discourage you! Instead of seeing the mistake as a sign that you are not doing well, let it rather be an opportunity to reflect on what you have learned and how you can improve in your academics in future.

**4. Utilize the resources available to you**

If you are struggling in a course, reach out to your lecturer to ask questions and ask for help. Your lecturer can also give you an idea as to what materials will be most important for you to focus on during your study time.

You can also create study groups with your fellow classmates to learn the material together. Study groups are a great way to work through course materials and prepare for the final exam.

**5. Explain what you are studying to another person**

When you teach what you are currently learning and studying to someone else, you get to practice what you are learning, reinforce what you already know, and you can figure out how well you are understanding of the material. Teaching is the best learning technique!

**6. Avoid distractions**

We all know how easy it is to get ‘lost’ in our phones as we check out and keep up-to-date on the latest stories on Snapchat, peruse pictures on Instagram, or share thoughts on Twitter; however, these sites are distracting! To make the most of your study time, avoid distractions by shutting off your phone (unless you need it to study!).

**7. Prepare, prepare, and prepare some more**

You do not want to wait until the night before the exam to start studying. Try to study in one-hour blocks, or 20-minute sessions each day. Cramming it all in the night before is not as effective as comprehending the material fully before the exam. This is why success strategy #1 is so important: a study schedule will help you get prepared. Moreover, this is also why success strategy #5 is important to note, as distractions prevent us from fully focusing on our study time.

Make sure to have everything ready the day/night before the exam. If you are an online student, this means ensuring that you know how to access the exam before the due date, have the necessary materials accessible, and that you are ready to successfully tackle the exam in the allotted time-frame. If you are an on-ground student, this means ensuring that you have all necessary materials ready: paper, pencil, notes (if applicable), calculator (if applicable), etc. Having everything ‘ready to go’ the day/night before will give you a sense of control and a strong preparedness. It will also help you relax and get a good night’s sleep the night before your exam.

**8. Take care of yourself**

Final exams and everyday happenings can be stressful; so, it is important that you keep taking care of yourself, which includes your mental and physical health. Get plenty of sleep (not just the day before the exam), take study breaks, and remember to still have some “me” time.

*Studying, and preparing for exams can feel overwhelming; however, remember that you have worked hard all semester, and you are ready to successfully tackle them! Stay positive, stay focused!!*

The Student Counselling Unit (SCU) would like to wish you all the very best with your exams. May success be with you always.

To access any of our services, send an email to:

[studentcounselling@up.ac.za](mailto:studentcounselling@up.ac.za)

**References:**

Baker College. (2019, November 13). Re: Seven Final Exam Strategies for Success.

<https://www.baker.edu/about/get-to-know-us/blog/seven-final-exam-strategies-for-success/>