

The Student Counselling Unit (SCU)

Valuable Tips for the Exam Season

A] Important Exam preparations tips to help you succeed!



- 1) Set clear study goals to keep yourself focused and motivated.
- 2) Start studying in advance to ensure you have sufficient time to consult, for revision and for past year papers.
- 3) Take regular study breaks to enhance your concentration and productivity. Limit distractions e.g. put your cell-phone on silent and away from you when you are studying.
- 4) If you don't understand, ASK FOR HELP, contact a classmate, tutor, lecturer, or your Faculty Student Advisor for assistance. To know when to use external resources is an important character strength and a sign of resilience.
- 5) Maintain motivation by reminding yourself of why you are studying and what it will mean for you once you graduate. Acknowledge the daily small goals you are achieving that will help you meet your larger exam preparation goals.
- 6) Be aware of negative, critical, self-doubt thoughts and replace them with realistic, helpful or constructive thoughts.
- 7) Revision is KEY! Revise your work as much as 4-6 times before the exam to remember what you've studied.
- 8) Manage stress: be aware of and monitor your stress levels. Take daily steps to reduce stress. (e.g. getting enough sleep, talking about what's bothering you, physical exercise, saying 'no' to tasks or activities that are low on your priority list).
- 9) Communicate with family and friends about your schedule leading up to exams and request their support during this time e.g. practical support regarding chores or moral support in the form of encouraging words.



B] Enhance your Psychological Capital (PsyCap) this exam season! Find your HERO within!

What is Psychological Capital (PsyCap)?

(Luthans, Youssef & Avolio, 2007)



- (1) ...“having confidence (**self-efficacy**) to take on and put in the necessary effort to succeed at challenging tasks;
- (2) making positive attributions (**optimism**) about succeeding now and in the future;
- (3) persevering toward goals and when necessary, redirecting paths to goals (**hope**) in order to succeed; and
- (4) when beset by problems and adversity, sustaining and bouncing back and even beyond (**resilience**) to attain success”

How can I enhance my Psychological Capital (PsyCap)?

PSYCAP ACRONYM: HERO

H – HOPE

Hope is about ‘will’ power and ‘way’ power. Stay focused on your purpose - why you are studying what you are studying. Set goals and brainstorm ways to achieve your academic goals. If one route is not working out, explore alternative routes (problem solving) to achieve your goal.

E – EFFICACY

Believe in your ability to succeed with your academic goals. For example, replace negative self-doubt thoughts with realistic thoughts, e.g. I passed last semester therefore I will be able to pass this semester.

R – RESILIENCE

Find ways of coping with current academic challenges. For example, reach out for help if you are struggling with a section of work. Speak to a loved one whom you trust if you are feeling overwhelmed. Ask your lecturer for past year papers or example questions to better prepare.

O - OPTIMISM

Be aware of your thinking and how it impacts your feelings and behaviour regarding your studies. Cultivate realistic, rational, constructive thinking. For example, ‘If I prepare well, I will be able to pass my exams.’

The Student Counselling Unit (SCU) would like to wish you all the very best with this last part of the year and your exams!

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

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