



TTII

Examination Tips and Techniques

Preparation for your first examination should begin on the first day of class; this includes paying attention during class, taking good notes, studying, completing homework assignments and reviewing study materials on a regular basis.

- ✓ Budget your time, make sure you have sufficient time to study so that you are well prepared for the examination.
- ✓ Go to review sessions, pay attention to hints that the instructor may give about the exam. Take notes and ask questions about items you may be confused about. Do as much past papers as possible!
- ✓ Ask the instructor to specify the areas that will be emphasized on the test.
- ✓ Make sure you go to the class right before the examination; it's another prime time for the instructor to give out more hints or the format of the examination.
- ✓ Go over any material from practice tests, sample problems, review material, the textbook, class notes...
- ✓ Eat before an exam. Having food in your stomach will give you energy and help you focus but avoid heavy foods which can make you groggy.
- ✓ Don't try to pull an all nighter! Get at least 3 hours of sleep before the exam (normally 8 hours of sleep a night is recommended but if you are short on time, get at least 3 hours so that you'll be well rested enough to focus during the test).
- ✓ Put the main ideas/information/formulas onto a sheet that can be quickly reviewed many times, this makes it easier to retain the key concepts that will be on the examination. But don't use in the examination if not allowed.
- ✓ Try to show up at least 30 minutes before the examination starts.

- ✓ Set your alarm and have a backup alarm set as well.
- ✓ Go to the bathroom before walking into the exam room. You don't want to waste anytime worrying about your bodily needs during the test.