What do you do in the few days before an examination?

At least a few days before the exam, make sure you do the following:

• Plan out how much time you should spend on each section of the test.
• By looking at past papers, get a feel for the types of instructions that will be on your paper.
• Do some exercise so you can burn off the pent-up stress that can come before exams.
• Look after your body – lots of water to juice up your brain, healthy food, decent sleep.
• To calm nerves, make mental pictures of yourself sitting down and doing well in the test.
• Purchase any equipment you may need, extra calculator batteries, pens, rulers etc.
• Ensure you know what equipment is allowed in the test or exam.
• Focus on reviewing the key points, perhaps a condensed version of your summaries.
• Practise as many past test papers as you can get your hands on.
• Check the timetable to ensure you have a clear picture of when each exam is being held.

The night before the test or exam:

• Pack your bag with everything you will need for the next day, ensuring you have all necessary equipment.
• Plan what time you need to leave to ensure you have plenty of time for unexpected delays.
• Don’t go to bed too late – you need to make sure your brain is fresh and alert.
• Don’t ring friends and discuss your preparation or the examination.
• Just before you go to sleep, look through your notes briefly.
• If you have a number of exams, check the timetable to doubly confirm the date, time and location of the exam.

The morning of the test or exam:

• Visualise success. Before you get out of bed close your eyes and picture yourself going into the exam, doing well and coming out pleased with your efforts.
• Review your notes. You are not doing intense study at this stage, just looking through and reminding yourself of the main things you want to remember.
• Eat breakfast. Your brain needs fuel so eat a hearty breakfast so you can focus and concentrate in the exam.
• Be on time. Make sure you leave enough time for contingencies so you won’t be late.
• Avoid negativity. Don’t stand around in the group discussing what you did and didn’t study.

You can learn more about exam techniques at www.studyskillshandbook.com.au by logging in with these details:
Username: leos
Password: community

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