Preparing For Exams

- **TAKE CONTROL!** Plan a SCHEDULE & STICK TO IT.

- **ORGANIZE** the large volume of information—otherwise you will be overwhelmed.

- Work from an **OUTLINE**—your own or the professor’s.

- List the **REVIEW TOPICS**—use content lists in texts.

- Identify **INDIVIDUAL CONCEPTS** requiring study.

- **PREDICT QUESTIONS** with peers, old exams, etc.

- Learn **MAJOR CONCEPTS** first, information common to texts/lectures/notes, etc.

- Create **PRACTICE EXAMS** with peers.

- Practice **OLD EXAMS**—in examination conditions.

- Learn the **BASIC CONCEPTS** first, then learn details.

- **EAT & EXERCISE** regularly.

- Get a **GOOD NIGHT’S REST** before the exam & arrive early.

- **PACK** all needed materials **IN ADVANCE**.

- **REPEAT KEY WORD/PHRASE** to build confidence (see Affirmations handout).