



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).