

Exam Preparation Tips

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1. Avoid Procrastination

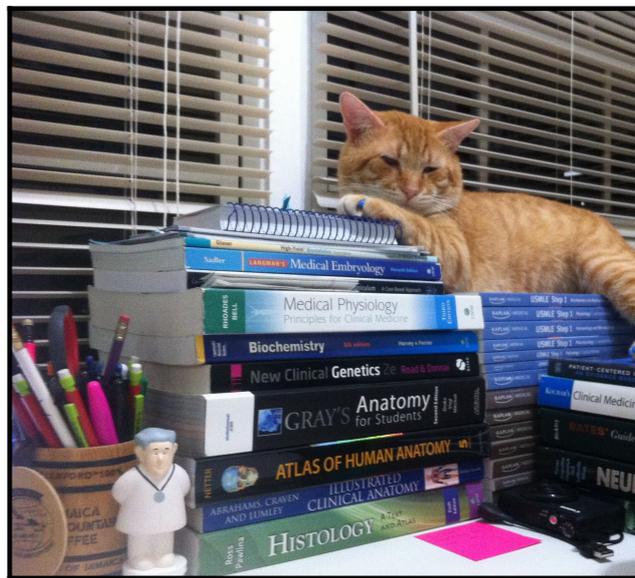
One of the easiest routes to exam failure is leaving preparation to the last minute. Different methods work for different people. Cramming may work well for some people but for most people this is not the most effective way to study. You have to realise your own strengths and weaknesses as early as possible, and devise a revision plan that works for you. Understanding the key concept of a course or topic and managing your time to cover everything expected of you is key towards exam success. Moreover, there will be some topics that you find more interesting or easier to understand; utilise those as your strengths to take the pressure off those that are more difficult – this is a key concept for a university student.

2. Use of Pictorial illustrations

While paragraphs of words can be scary, an effective way to understand them can be to create various linked images. Representation of information/concepts with an easily understood image or cartoon can be a very useful tool in your exam preparation. For example, a flow chart or spider diagram of a particular topic can be easily recalled, and can help jog your memory under exam pressure.

3. Teach others about the topics

One of the easiest and simplest ways to learn more about a subject is to teach your colleagues about it. Through teaching you can gain more confidence in the topic and learn about gaps in your knowledge. This will enable you to fill in these gaps and



better understand the subject matter. Telling others about your understanding of a topic in a study group can really help you retain knowledge.

4. Regular breaks and re-hydrate yourself

Breaks and keeping hydrated are important for efficient exam preparation. Do not be overwhelmed by the content you have to cover and forget about your health. Breaks often help you better understand topics when you sit back down to study. Understanding what is good for your brain and overall health, like when to take breaks and keeping hydrated, will help your exam preparation. Also, everyone has a different pattern to when they study best; you might be a nocturnal type of person - do not force yourself to be diurnal because your friends are. Learning what works best for you is crucial for exam success.

5. Are you ready for the exam day?

A rhetorical question for you. Make sure you understand all the requirements for the exam and be aware of exam time and venue. Be punctual, this is a very important antagonist of anxiety. Do not leave things until the last minute.