

HOW TO SURVIVE

EXAM WEEK

Exam week can be difficult and even overwhelming. You may feel helpless and hopeless, as though there is nothing you can do. After a semester of too many classes and too much work, you think you'll have to stay up all night studying to pass your exams.

But wait! Help is on the way!

TWO WEEKS BEFORE THE EXAM

- Make up a set of study sheets for each class.
- Each set of study sheets should summarize the reading, your class notes, and any handouts.
- Set up study sheets so they are easily readable. Use plenty of capitals, color coordinated titles and charts to accentuate important ideas.
- For the next two weeks, read through your study sheets three times each day.
- Do *not* try hard to memorize the information. Just read the notes one to three times per day.

THE NIGHT BEFORE THE EXAM

- Read your study sheets as usual
- Go to bed early and get a good night's sleep

THE DAY OF THE EXAM

- Set your alarm and get up early. Allow plenty of time to get to the exam.
- Eat a good breakfast. This will help your blood sugar stay at a stable level, and since your brain runs on sugar, you don't want to have an empty tank.
- Caffeine has been shown to increase alertness and performance. If you are a habitual user of caffeine, be sure to get your accustomed dose.
- Take along a piece of fruit to eat before or after the exam. This will help keep your blood sugar even, so you don't tire during the next period.

DURING THE EXAM

- If you feel tense, relax, take a deep breath, and remember that you know the material because you've been reviewing for two weeks.
- Keep your eye on the clock while taking the exam. Allow enough time to finish the entire test. Avoid focusing on one question and running out of time on others.
- Read the entire exam before beginning to write. Know your enemy, in other words.
- Be sure your name and ID # is on the test. (This sounds silly, but sometimes if we feel tense or pressured, we forget the little things.)
- Read each question a second time, then answer that question.
- Go on to the next question.
- Remember to look at the clock and keep moving through the test.
- After the first half of the session, relax and stretch.
- Calm down. You know the material.
- Use the entire exam period rather than rushing through the test.
- Check your bubbles (answer sheet).
- Do not change answers – your instinct is usually right, you are often trying to read too much into a question.