

## Exam Strategies

**Being prepared throughout your course will help ease some of the exam stress.**

- Make a regular time for review and use a variety of methods, such as summary cards and diagrams or recite practice questions. Rehearsing the information allows it to be saved in your long-term memory.
- Maintain a healthy work-life-study balance.
- Look at copies of past exams and analyse the format. Know what to expect in the exam.

**To help you recall information:**

- Put information in your own words - summarise, outline. Can you explain the idea to someone else?
- Organise information into chunks or sets. Recall mind-maps and diagrams, turn them into paragraphs.
- Show relationships by using diagrams, flow charts, mind-maps. Use associations like colour coding, drawings or numbers to make links.
- Use similarities and differences tables.
- Devise practice questions and plan answers for them.

**Try to avoid:**

- copying, rather than using your own words
- not taking a break
- studying several subjects together
- not having material organised into logical categories
- no regular revision
- cramming

