

The image shows the cover of a spiral-bound notebook. The cover has a light beige, textured fabric-like appearance. A silver metal spiral binding is visible along the left edge. The text is printed in a bold, black, sans-serif font.

EXAM PREPARATION GUIDE

PART 1: GETTING STARTED

EXAM PREPARATION

- Exams begin on January 25 th. They are coming up soon!
- Exam preparation does not need to be overwhelming or difficult if you prepare yourself properly.

GETTING ORGANIZED

- Go through all your binders and notes. Make sure they are in order.
- If you are missing notes, photocopy them from a friend.
- Many of you still have binderitis which is a serious condition in which your binders are in horrible condition! Cure it now!

PREPARING TO STUDY

- **In your agenda book or phone calendar, make note of the dates and times of your exams.**
- **Use this information to make a study schedule.**
- **Allow a realistic amount of time to study for each exam. Fifteen minutes per exam is not enough!**
- **Proper exam preparation usually takes hours. It's best to space your studying out over several days.**

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- **You may want to allot more study time to subjects that you find difficult.**
- **Also, you may want to add details to your schedule. For example, Monday night: study units 1 and 2 in Math.**
- **Choose times that work for you. Some people work better in the morning, others after school or in the evening.**

CREATING A STUDY SPACE

- **Select an uncluttered area with good lighting, comfortable seating, and as few distractions as possible.**
- **If there are too many distractions at home, try the library, or another quiet location.**
- **Identify anything that could interrupt or ruin your study plan and figure out how to eliminate or avoid it.**

- **Examples: "I used to get interrupted by phone calls and texts. Now I just turn off my phone and put it out of sight to avoid temptation, and I make sure I get my work done. "**
- **"As soon as I sit down to watch t.v, I know I won't get up again to study, so I avoid the television and use the library to study instead"**

YOUR STUDY SPACE (CONT.)

- Have all books and materials available and ready.
- Although many people have good intentions when they try to study with a friend, these sessions often turn into social gatherings. Unless you and your “study buddies” are truly committed, study alone.

TAKING BREAKS

- Set a work limit with short breaks. Research shows that students learn the most during the first and last ten minutes of a study session, so try studying for 20-30 minutes before taking a stretch break. If short breaks often turn into long ones, then lengthen the time between breaks. You know yourself best, so adjust accordingly!
- You may want to have some water and a healthy snack handy while studying if possible to avoid constant snack breaks.

GOOD LUCK!

- Remember to stay focused.
- Ask for help if you are having trouble getting organized.
- Upcoming topics:
- How to study for different types of exams
- “Exam Day: Tips for Success”