



6 tips for a better exam preparation experience



As the exam period draws closer, here are six handy tips to help you prepare and use your study time efficiently.

1 Create a realistic schedule



A planned schedule will help you to structure your exam preparation effectively and help you cover the topics you need to know. Remember to include extra-curricular activities, commitments and other important tasks to help manage and organize your time.

2 Take breaks



Short, regular sessions are far more effective than spending hours trying to cram before an exam. Allocating 15-minute blocks to particular topic areas or subjects with breaks, will help you to stay engaged and motivated.

3 Try different techniques



Mix things up with tried and tested memory tricks such as mnemonics. Visual prompts, like concept maps, timelines and flashcards are also helpful study tools.

4 Get enough sleep



Essential for learning and memory, a good night's sleep helps you retain key information you have studied, and you will have enough energy to help you through the exam period.

5 Reflect on your progress



Think about your exam prep sessions at the end of the day. List five things you have learnt, three things you will confidently remember and three things that you're still unsure about. When you return to your notes, you can focus on filling in the knowledge gaps.

6 Think about the big picture



While exams and qualifications are steps to a bright and successful future, they are not the only measure of success. They do not define the total of what a good education should provide.