

Exam day

Get a good night's sleep

Contrary to popular belief, cramming all night is not the best way to study. You'll do much better on the exam if you are not nodding off in the middle of it.

Don't rush

Running late will add to your sense of panic. Don't get up too early (or you will be tired), but make sure you have plenty of time to get ready and get to the exam on time.

Bring what you need

Take your favourite pens and pencils to the exam, and anything else you need. It adds to that feeling of being prepared!

Eat

If your stomach is tied up in knots you may not feel like eating, but having something nutritious will give you energy and help you focus on the exam. For a small energy buzz, bring small hard candies or lifesavers to melt in your mouth while you write.

You remember more than you think you do

If you can't remember the answer to a question, don't panic. Take a deep breath, relax and move on to the next question. Sometimes other questions on the exam can trigger your memory.

Slow down

Scan the exam briefly so you will know how to use your time. Pace yourself and allow more time for questions that are worth more marks. Take time to read each question carefully so you know what is expected in your answer.

Celebrate

Once you have written your exam, don't fret about what you may have done wrong. What's done is done and you can't change the outcome. Reward yourself by hanging out with friends or participating in your favourite activity.



Health Link Alberta: 1-866-408-LINK (5465)



www.albertahealthservices.ca

Exam Stress?



It's what you do about it

Stress is a normal part of life. Some situations, like exams, are more stressful than others. It's what you do about it that makes a difference to your well-being.

Time and space - planning helps

Create a schedule

Okay...you've heard this one before. But actually putting everything you need to do on paper helps you to be realistic about your time. If you try to do too much in too little time you won't remember the information. Allow yourself enough time to review all the material you need to cover and be sure to schedule some relaxation time.

When are you at your best?

Some people are early birds and some are night owls. Know the time of the day that you study best and plan to tackle your most difficult subjects during that time.

How do you learn?

Do you remember things best when you hear them? Read about them? Visualize them? When you study use the method that works best for you. And if you happen to learn best by listening, don't forget to pay attention during class.

Prepare for the exam

It never hurts to ask your teacher for tips on preparing for the exam. For example, will it be multiple choice or essay format? This will help you focus your energy on the right areas. And if you need extra help to understand the subject, be sure to ask the teacher or a friend who is acing the class to tutor you. Write a practice exam to help you prepare.

Your study space matters

When you study are you distracted by email, television, video games or the phone? Create a separate study space away from distractions...and use it!

Reward yourself

Really! After a solid study session, reward yourself with some down-time. You earned it!



Healthy habits

Garbage in – Garbage out...so eat healthy foods

Make smart food choices. A greasy double cheeseburger and fries might taste great at the time, but it can make you feel sluggish later. Choose nutritious foods, such as fruits and vegetables, and remember to drink plenty of water.

Caffeine Buzz

While caffeine in coffee or cola can give a boost in the short term, too much can negatively affect your sleep and cause you to feel anxious. It may also affect your ability to focus.

Exercise

Physical activity, even in small amounts, helps get rid of stress. Don't make excuses about having too much to do. Ten or 20 minutes of being active can clear your head and help you study...and exercise has the added benefit of helping you get a restful sleep.

Catch enough ZZZZZs

Your body needs its rest, especially when you are stressed, so try to get enough sleep. Before you go to bed, give yourself some time to relax and get out of study mode.

Take breaks

For every 50 minutes you study, spend 10 minutes moving around. Stretch, go for a walk or play with the dog. Come back refreshed and ready to study.

Don't forget...you have a life outside of school

Studying is important but so is the rest of your life. Don't cancel other activities that are important to your well-being. You need some down-time, so go to soccer practice or watch your favourite TV show. Then get back to the books.