



A Checklist to Help You Avoid Examophobia!

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- You need to understand the course material before you can study it. This means you will need to attend all classes and if you don't understand something you should ask the professor for extra help.

 - Complete all course readings and compile all notes from class, textbooks, guest speakers, videos etc. If you are missing notes - ask your classmates or make an appointment with the professor.

 - Get the exam details- some instructors will provide you a review sheet, if not ask your professor to provide the class details about the exam: what chapters will be covered? How many questions will be on the exam? What types of questions will be included? How long will it take to write?

 - Set up a study schedule- it is best to start studying at least 3-weeks in advance. Ensure you add time to study in your daily routine.

 - Keep yourself organized and make a checklist of the key topic areas and textbook chapters that need to be covered- cross them off the list as you study.

 - Find a good place to study. Somewhere you can concentrate and will not be distracted by people, noise. There should be enough space to spread out all of your material and enough light to help you read and stay awake.

 - Determine what the time of day you are most productive: morning, afternoon or evening. Try not to study during the time of day that you are the most tired.

 - Take breaks - It is best if you study for 50 minute periods. Inbetween each block of time, you should take a 5 - 10 minute break.

 - Don't cram the night before the test - It doesn't work! Cramming involves memorizing the material in a short period of time. The time pressure will cause you to feel overwhelmed with all the details and during the test you will struggle to hold onto and recall the information you memorized.

 - The day before the exam should only be used to review the main topics of the course.
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