

Are you ready for exams? Use this checklist to find out

Think of your exam readiness as measurable across a spectrum: one end reflects a total lack of preparation (you certainly don't want to be here), the middle signifies intermediate exam readiness, and the endpoint indicates advanced readiness, whereby you have left no study preparation on the table.



Ultimately, the latter is where you want to be on exam day. That should absolutely be your goal — strive to be as prepared as possible so you can focus on performing your best.

To measure your exam readiness, and to maximise your post-exam period, use our checklist below:

Pre exam

- Get up early, drink plenty of water, and try to sneak in some moderate exercise to put yourself in a positive, relaxed mindset
- Review your exam timetable
- Review the notes section in the exam timetable to understand what setting your exam is in and what the specific requirements are (they may vary across subjects)
- Ensure all of your tools, stationery, resources, and notes are in order (laptop fully charged for an online exam, arrive early on campus for an in-person exam). Also, be mindful to review the stationery requirements (what is allowed and what is prohibited) to ensure you have no set backs



During your exam

- Remain calm, breathe, and carry a positive mindset
- Do a final review of the exam requirements
- Take your time reviewing the questions and the assessment requirements — by rushing, you will increase your stress levels and during your exam you will perform at your best when you're calm and controlled
- Remain focused on your tasks, and don't get distracted by other students
- Double-check your work to make sure you're satisfied with your answers
- Celebrate finishing your exam paper — your study and preparation has brought you here!



Post exam

- Reward yourself! Your exam is now over, so don't dwell on your performance. Back yourself, and celebrate the win of ticking off yet another exam.
- Leverage the power of reflection: learn from the areas where you think you could have performed stronger, and take note of your strong points to ensure they carry over to your next exam.



Source: [Expert advice on tackling exams, Tips to make it through exam day](#)