

4 tips to ace this exam period

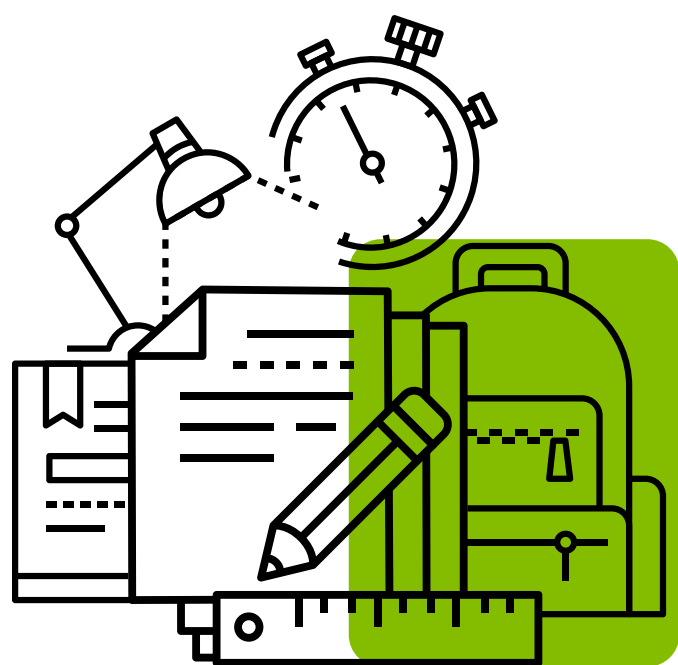
Exam periods come around quickly, and it's normal to feel a little stressed during one of the most important times marked on your higher education calendar.

But with a thorough preparation strategy and a cool, calm head you can ensure you put yourself in the best possible position to achieve your desired results.

Here are 4 tips to help boost your efficiency and sharpen your exam preparation.



1.



Get on top of your preparation early

To avoid the stressors of inadequate or late preparation, make sure to get on top of everything early. This will mean you can spend ample time reviewing your notes, revisiting vital study, and focusing on your knowledge gaps.

Avoid the last-minute cram

The last thing you want to do is leave your exam preparation to the literal last minute. Using the cramming strategy — leaving study and preparation to the final nights before your exam — is inefficient and leaves you vulnerable to an anxious exam day.

While it's helpful to set aside time for final reviews of your notes close to your exam date, this time should be used to tie up loose ends and to bring key information to the surface so it's top of mind, as opposed to representing your entire exam preparation.

2.



3. Set (SMART) study goals

Set goals for yourself that are realistic and allow you to measure both your exam performance and your study efficiency.

Remember to ensure your goals are specific, measurable, achievable, relevant, and time-bound. Goals are important to keep you focused and motivated, and that's critical during your exam period.



Remember to be calm and to back yourself

(during your exam preparation and on exam day)

It's a fact that exam period is stressful but it's important to stay calm, stick to your study schedule, and practice positive self-talk throughout the process.

Try not to apply too much pressure on yourself by demanding perfection. If you hit all the pivotal markers in the lead-up to exam day, you will put yourself in the best position to perform.

4.

