

Student Guide to Surviving Exams

Managing exam pressure

Exams can be pretty stressful but you are not alone and the stress can be managed. Health experts recommend simple, common sense approaches to dealing with the stress caused by exams. Here are some useful tips:

Develop good study habits

- devise a study plan
- set aside a quiet space
- take regular breaks

Eat and sleep well

- eat healthy food
- drink plenty of water
- get enough sleep
- exercise daily

Use your friends

- study together
- discuss exam topics
- test each other

Speak to family and friends

- tell them how you are going
- let them know when you need quiet time

Recognise your stress signals

- discuss your concerns with family and friends
- speak to teachers
- take a break

Study tips

Study tip	Suggested strategies
Create a space	• work space with table or desk • quiet with no distractions such as phones or TV • well lit and comfortable • have everything you need nearby; books, pens etc.
Devise a plan	• devise a timetable for the next few weeks (blank template available at Examination and Study Info) • build in planned activities, e.g. family outings • leave time available for unforeseen events • divide your time between subjects to vary your revision, mix subjects you are good at with those which are more challenging
Break it down	• make a weekly list of study goals for each subject and tick them off when you achieve them (blank template available at Examination and Study Info) • review and revise your weekly list • take regular breaks, 10 minutes each hour is good • summarise small sections of your work at a time • using dot points can make it easier to review the summaries nearer the time of the exam • speaking out loud may help to lock facts in your memory • things you find hard to remember can be written on sticky notes and put on doors, walls and mirrors

Other useful advice

- Once you have summarised your work you can test your knowledge and skills using the examination papers on the SACE website. These can be found under the relevant subject minisite under Support Materials. It may be useful to work together with friends to prepare and structure your answers.
- The Chief Assessor's Reports from previous years are also available on the SACE website under the relevant subject minisite under Support Materials. These provide lots of information and outline how students performed in the exam, both the positives and things to watch out for.
- You may be able to approach your teachers to have your completed exam answers marked or to ask for help with parts of the subject you find challenging.
- Familiarise yourself with the exam conditions. If you know how long you have to complete the exam, how many questions you have to answer and what equipment you are allowed to use (e.g. dictionary, calculator) you will be more relaxed on the day of the exam.
- On the day of the exam:
 - have an early night beforehand
 - eat breakfast
 - follow your normal routine
 - leave in plenty of time
 - check you have all the necessary equipment before you leave home.
- You can get lots of help and advice on coping with the stress of exams, for example from [Headspace](#). The [Reach Out!](#) website also has lots of tips about studying and stress management.