

Top 10 Exam/Study tips



1. Being well prepared for your exam is the best way to reduce exam anxiety! Space out your study over a few/days/weeks and continually review your material. Don't wait until the night before to try and cram it all in.
2. Get enough sleep, especially the night before your exams! Have regular short breaks every 60-90 minutes to help you focus better.
3. Avoid distraction! Turn off your phone, TV and social media whilst studying! Check back in with reality on your break times!
4. Eat healthy food that fuel your brain! Apples, walnuts and blueberries can improve your ability to focus, retain information and remain mentally alert. Drink lots of water to keep you refreshed and hydrated!
5. Make sure you review your exam timetable and know the exact day/time and room of your exam. Make sure you arrive at least 10-15 minutes early for your exam and makes sure you are prepared with the right equipment.
6. If you would like to use your English Dictionary in your exam you will need written permission from your Faculty stating that you are allowed to use this. > head to Student HQ to help!
7. Always read the questions properly. Review the test, resist the urge to leave as soon as you have completed all questions
8. Circle key words in difficult questions. This will force you to focus on the main point of the question.
9. Don't worry if others finish before you, focus on the exam in front of you. Try to relax!
10. For Special Consideration or advice regarding issues around exams please seek advice from the Student Advisory Service - (03) 5327 6105 or email: studentadviser@federation.edu.au