



Strategies during the exam

On the day of the exam

Being well organised will help you feel more confident.

- Check that you have all the equipment and resources that you are allowed in the exam
- Choose comfortable clothing and wear layers so that you can cope with the temperature
- Eat well beforehand
- Recognise that a certain level of anxiety is normal and can help you to perform well in the exam

For on campus or external venue exams

- Follow any personal preferences in regard to your level of contact with other students and your time of arrival at the exam room - some students like to be very early and chat with friends; others prefer their own company before exams
- Make sure you bring your student ID card which is required for identifying you at the venue
- Plan to arrive early at the exam venue to allow time to store your bag
- In the exam room select a suitable spot, make yourself comfortable and wait for instructions
- If you have any issues you cannot solve (e.g. wobbly table or chair) let the exam supervisor know

For online exams

- Ensure the room you have chosen is set up appropriately in advance – consider room location, lighting, temperature and furnishing
- If notes are permitted, locate them in easy access
- Check all of your technical equipment is working, and have IT Help contact details ready in case you experience technical issues during the exam

During reading time

- Read the instructions carefully
- Note the number of questions, any compulsory questions or sections, and marks allocated
- Allocate time for each question
- If you are allowed to write, jot down ideas or plans for questions

During writing time

- Analyse questions carefully so that you understand what to do
- Start with questions that you know best - this will boost your confidence
- Monitor your progress so that you don't go over time on any section of the paper
- Make sure that the number you put on your answer matches the number on the question
- Leave time at the end to check your responses

After the exam

- Take time to relax and unwind
- Reflect on and review your exam performance - what will you do differently next time?
- If your performance was disappointing, discuss your exam with your teaching staff to find out what you did that lost marks and what you can do to improve your skills in that area

Exam anxiety

Lots of students feel anxious about exams - some anxiety before and during an exam can actually help enhance your performance. But if the anxiety becomes hard to deal with, there are ways to deal with it. Visit the UniSA Counselling website to learn more.