



Strategies during the exam

On the day of the exam

Be well organised- that will help you to feel more confident because you are well prepared.

- check that you have all the equipment and resources that you are allowed in the exam
- wear comfortable clothing with layers of jumpers so that you can cope with the temperature
- eat well and follow any personal preferences in regard to your level of contact with other students and your time of arrival at the exam room
- make sure you bring your student ID card which is also required for identifying you at the venue. Some students like to be very early and chat with friends; others prefer their own company before exams
- recognise that a certain level of anxiety is normal - this can in fact help you to perform well in the exam
- plan to arrive early at the exam venue to allow time to store your bag etc ahead of time.
- In the exam room select a spot that suits you. If you have any problems that you cannot solve (e.g. wobbly table or chair) get help from the exam supervisor. Make yourself comfortable. Wait for instructions.

When you are told to look at your exam paper, use the reading time to:

- read the instructions carefully
- note how many questions you must answer, any compulsory questions or sections, and the allocation of marks
- 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 writing.

After the exam

Take some time to reflect on the exam experience:

- take time to relax and unwind
- reflect on and review your performance - what will you do differently next time?
- if your performance was disappointing, make time to discuss your exam paper with the course coordinator. Try to find out what you did that lost marks. For example, poor question analysis is a very common problem - if this is the case, then you could work on improving your skills in this area.

Making exam anxiety work for you

Lots of students feel anxious about exams - some anxiety before and during a exam can actually help enhance your performance. But if the anxiety becomes hard to deal with, there are ways to deal with it. Have a look at the resource on ['Exam Anxiety'](#) (*opens in new window*).



Useful links *(all open in a new window)*

There may be resources that have been created with your lecturers, addressing assignment tasks and topics specific to your courses. Follow the links below to find out:

[Business](#)

[Education, Arts and
Social Sciences](#)

[Health Sciences](#)

[IT, Engineering and the
Environment](#)