

PREPARING FOR EXAMS

START EARLY

Get your information organised and write up a study plan.



KNOW YOUR LEARNING STYLE

Audio learner? Record your notes and play them back. Visual learner? Use mind maps/highlighters/stickers. Kinaesthetic learner? You might learn better standing up or maybe rocking on a fit ball.



GRAB A STUDY BUDDY OR JOIN A GROUP

Share notes, explain things to each other and help each other.



ONLY REVIEW WHAT YOU DON'T KNOW

Keep self-testing so you know what you need to revise.



DO PAST PAPERS



USE NOVELTY

Colourful mind maps/diagrams/infographics.



KEEP PHOTOS

of study guides/key points/maps on your phone or device to review on the bus or before class.



BRING YOUR BRAIN BACK

to 'relaxed alertness'—take breaks, drink water, eat well, do some exercise.



CHUNK IT

Break down large amounts of subject matter into smaller chunks that your brain can manage.



SLEEP

Get at least 8 hours sleep every night when studying.



REWARD YOURSELF

by doing something you enjoy after study sessions.

