

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.



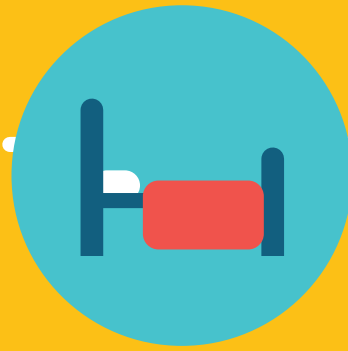
BRING YOUR BRAIN BACK

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.

