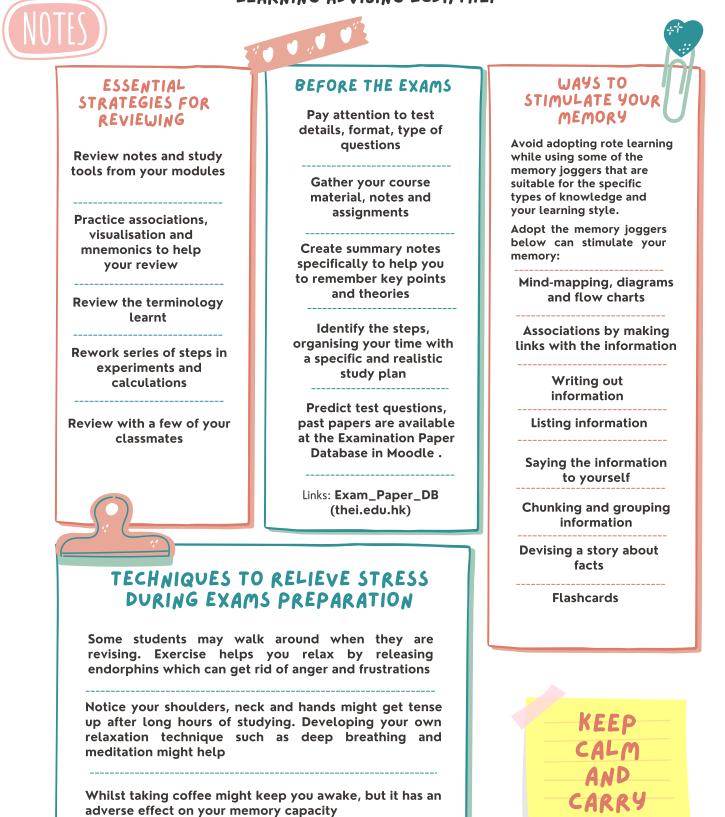
EXAM TECHNIQUES TIPS THAT CAN HELP YOU TO OVERCOME

LEARNING ADVISING LCDI/THEI

STRESS OVER THE EXAM PERIOD



ON

EXAM TECHNIQUES

TIPS THAT CAN HELP YOU TO OVERCOME STRESS OVER THE EXAM PERIOD

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STRATEGIES FOR ESSAY TEST QUESTIONS

Prepared by predicting the questions, creating summary notes and practise writing the answers

Practice associations, visualisation and mnemonics to help your review

Understanding the question thoroughly with direction words used

To start the essay with a strong, focused sentence that states the main point of the entire essay (thesis sentence)

Develop an organisation plan as a step by step outline that guides your writing

Use 5 paragraph format: Introduction > Main idea X 3 > Conclusion

Try to use completed sentences to express your ideas

STRATEGIES FOR MATH TESTS

Memorise prototypes of a math problem when you study, including equations, explanations and examples

Learn the terminology

Read and identify the pattern of the problem: what do I already know about the problem? What steps did I use to solve a similar problem?

Problem-solving methods: Read the problem, Select the unknown, Think of a plan to solve the problem, Use the technique to carry out the plan, look for procedures, Verify the answer

Mentally visualise and reconstruct information

Avoid getting stuck on one problem, ask yourself a few questions to help change your thought processes

REFERENCES:

Wong, L. (2012). *Essential study skills* (7th Ed.). Boston, MA: Wadsworth Cengage learning.

Price, G., & Maier, P. (2007). *Effective study skills, unlock your potential.* London, UK: Pearson Education.

COMMON STRATEGIES IN TEST ENVIRONMENT

Survey the test and budget your time

Weight the value of different questions

Begin with a familiar problem to build selfconfidence

Circle direction words and underline keywords

Include supporting details and quotations and course-specific terminology to develop your answers

WAYS TO RELIEVE STRESS JUST BEFORE THE EXAM

Get a good night sleep

Think positive: Your hard work on preparation will pay off

Avoid talking to friends about what they have done which can be a source of worry