

EXAM TECHNIQUES

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

LEARNING ADVISING LCDI/THEI

NOTES

ESSENTIAL STRATEGIES FOR REVIEWING

Review notes and study tools from your modules

Practice associations, visualisation and mnemonics to help your review

Review the terminology learnt

Rework series of steps in experiments and calculations

Review with a few of your classmates

BEFORE THE EXAMS

Pay attention to test details, format, type of questions

Gather your course material, notes and assignments

Create summary notes specifically to help you to remember key points and theories

Identify the steps, organising your time with a specific and realistic study plan

Predict test questions, past papers are available at the Examination Paper Database in Moodle .

Links: [Exam_Paper_DB](#) (thei.edu.hk)

WAYS TO STIMULATE YOUR MEMORY

Avoid adopting rote learning while using some of the memory joggers that are suitable for the specific types of knowledge and your learning style.

Adopt the memory joggers below can stimulate your memory:

Mind-mapping, diagrams and flow charts

Associations by making links with the information

Writing out information

Listing information

Saying the information to yourself

Chunking and grouping information

Devising a story about facts

Flashcards

TECHNIQUES TO RELIEVE STRESS DURING EXAMS PREPARATION

Some students may walk around when they are revising. Exercise helps you relax by releasing endorphins which can get rid of anger and frustrations

Notice your shoulders, neck and hands might get tense up after long hours of studying. Developing your own relaxation technique such as deep breathing and meditation might help

Whilst taking coffee might keep you awake, but it has an adverse effect on your memory capacity

KEEP CALM AND CARRY ON

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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

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 self-confidence

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

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.