

# How to Prepare for Exams

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# Sleep, Eat, Balance

- \* Be aware of the exam schedule so you can plan your study time properly. Starting now is a good idea!
- \* Make sure to get a good night's sleep before your exam
- \* Eat healthy – prepare healthy snacks for studying
- \* Take breaks to be active – stretching, taking a walk, etc.
- \* Keep hydrated
- \* Balance your time between studying and socialization with family and friends.

# Minimize Distractions

- \* During the exam, the environment will be quiet with people around you. Try to mimic that environment.
- \* While studying, avoid using any electronic devices for non-academic purposes
- \* Study with someone that will keep you on task (and return the favour!)

# Calculating Final Mark

## 30% Exam

Final Mark = 0.7 x Term Mark + 0.3 x Exam Mark

## 20% Exam

Final Mark = 0.8 x Term Mark + 0.2 x Exam Mark

# Summarize/Consolidate

- \* Create a summary sheet/cards (cheat sheet – though you probably can't bring it to the exam) for the entire year
- \* If there is a lot of content, do one sheet per unit
- \* Include important information, formulas, common errors and reminders
- \* Do not simply re-write examples

# Practice Makes Perfect

- \* Try to complete as many different problems as possible
- \* Re-do your homework, class examples, quiz/test questions and the review packages provided by the teacher
- \* Time yourself
- \* Consider this: athletes and musicians practice the same skills over and over again to get better. Do not simply rely on new questions. Ones you've done before still have value.
- \* Tip: If a certain type of question appears on your notes, your quizzes, your tests and your review package, the probability of it appearing on the exam is high!

# Why, Not Just How

- \* When working on different types of problems, focus on why the steps were taken and not just how it was done
- \* Do not simply memorize templates of solutions. This will fail if your brain “blanks out” on the exam
- \* Check your answers after you try a few. If the answer is incorrect, actively think about why it is. Note down common errors.

# Study Buddies

- \* Studying with others has many benefits:
  - \* Keep each other on task
  - \* If you have a question, someone can answer it or you can work together to figure it out
  - \* You can bounce ideas off each other and get a different perspective
  - \* Teaching others helps you understand the material better
- \* Be purposeful in who you choose to study with

# Teachers Are Here For You!

- \* Start your studying early so that you have opportunities to ask your teachers for extra help
- \* Pay close attention to Exam Review sessions as important information and tips are given, such as the topics covered and not covered on the exam, exam format

# Mind Your Time

- \* Exams are 1.5 – 2 hours
- \* Come a bit early to your exam room, which you should know before hand
- \* Students should leave time at the end to check over their work
- \* While studying, set a timer and see how much you can accomplish in that time. Log it and see if you can improve.

# Be Prepared for the Day

- \* Bring your textbook to be returned
- \* Bring your student ID
- \* Bring calculator, pencils, pens, eraser, protractor, ruler, highlighter, water bottle and any other materials that may be needed for your exam

# During the Exam

- \* Go to the bathroom before you go to the exam room
- \* Quickly go through the exam to make sure you know what needs to be done and that you have all of the pages
- \* Complete the questions you know first, then go back – build confidence
- \* Mind your time!
- \* Have calming techniques like breathing or mindfulness

Good Luck!