



# Success in exams: As exams draw closer

As your exams draw closer, start considering what will be in the exam and take an approach that will help you perform at your best while minimising your stress levels.

## Four tips for exam preparation

### Tip 1

#### ***Continue revising regularly***

Regular revision will greatly assist with your learning. The more often and more actively you engage with your learning materials, the more likely you will be to recall them. If you start from week 1 you will have less stress at the end of session.

[Strategies for revision](#)

### Tip 2

#### ***Manage your stress***

Almost everyone feels nervous before an exam.

Butterflies in the stomach and worrying thoughts - "Will I be able to answer the questions?" "Have I done enough revision?" - are indications of exam nerves that are probably familiar to all students. In fact, a certain amount of nervous tension probably helps us perform to the best of our ability, producing a rush of adrenaline that helps us to feel alert and focused. But too much anxiety can BLOCK thoughts, create a negative frame of mind, and lead to panic and potentially poor exam performance.

There are a number of things you can do to help manage exam anxiety and turn uncomfortable, panicky thoughts into more creative tension.

[Tips to manage your stress](#)

### Tip 3

#### ***Know what to expect in the exam***

- ✓ Find out how many questions there will be.
- ✓ What type of questions?
- ✓ What is each question worth?
- ✓ Calculate how much exam time to allow for each question, given their relative values.
- ✓ Check your subject's site for past exam papers and practise completing them.
- ✓ Work with study buddies to create your own exams and then attempt each other's tests before checking the answers together.



### ***Be organised***

- ✓ Double-check the exam location and time.
  - ✓ Plan how you are going to get there on time.
  - ✓ Make sure you are prepared with your student ID, pens, and any other permitted materials you might need.
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### **Reach out for help**

The Charles Sturt Academic Skills team is here to help you develop your learning skills. You can also:

- ask a question on our [Ask an Academic Skills Adviser forum](#),
- join one of our [Academic Skills workshops](#), or
- access further information about all of our available services and learning resources, including assignment writing feedback, at [csu.edu.au/academicskills](https://csu.edu.au/academicskills).