



## Tips for Exam Week

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- **B-R-E-A-T-H-E**
- Keep Perspective
- Remember it is only a week, and a few days.....
- Use Reading period – it's not play time.
- Set a schedule ahead of time and stick to it; allow flex time in the schedule.
- Get sufficient sleep before taking an exam, so that the information that you have studied goes into long-term memory, and so that the brain can retrieve it.
- Do not watch others when taking an exam.
- Separate yourself from others while studying if this will help you to focus.
- If anxious and need the support of others, find someone to study with.
- If the work is too much within too short a period of time, advocate for yourself, i.e. talk with your professor, negotiate, consult with your class dean.
- Do the best you can. Do not strive for an A. If you do the best you can, the grade will follow.
- Is it good enough? This is an appropriate goal; **not perfect, but good enough!**
- Know that great, successful people have all probably failed an exam at least once. It's part of the human experience. We fall down sometimes, but what is most important is that ***we get back up!***
- Maintain Perspective
- **B-R-E-A-T-H-E.....**

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