

Faculty of Community Services

Academic Support & Resource Centre

How to Survive Exams

A huge part of university life is getting through (and be successful on) exams. For many students, exams are a source of anxiety. Read on to learn how to survive exams!

Tip #1: Know Your Professor = Know Your Exam

- By far the best tip for surviving exams is knowing your professor. If you pay attention all semester, you should be able to have a pretty good idea of how your exam will be structured. For example, things your professor has stressed multiple times are likely to show-up on tests.
 - As well, most professors will host an exam review period where they will give you important details about your exam. You should know:
 - What type of questions will be on it (multiple choice, short answer...)
 - How long you have to complete it
 - Where/when it is
 - How much it is worth
 - Any other relevant information they share

Tip #2: Start Studying in Advance

- University is all about time management. It can be stressful to fit in as much studying as possible (especially when you have multiple classes), but it is far better than cramming the night before.
 - Generally, reviewing 1-2 chapters a day per class is effective.

Tip #3: Avoid Distractions

- Studying is not worth much if you are constantly being distracted. To reduce distractions, make sure you are studying in an optimal environment, stay away from social media, and focus completely on the task at hand.

Tip #4: Join a Study Group

- The old saying two heads are better than one is true! Study groups are helpful for breaking down information into smaller pieces for greater understanding. Just make sure you pick the right people!

Tip #5: Take Care of Your Needs

- Having a good night's sleep before an exam is essential. If you are tired, you will not be able to focus as well as you normally would, and may even fall asleep!
- Drink an adequate amount of water. Being dehydrated can cause a whole host of medical issues.
- Eat nutritious foods. Although it is tempting to eat junk food while studying, nutritious foods help you stay alert, awake, and focused.