

## EXAM TAKING ADVICE FOR FRESHMAN

The following are items of advice from upper classmen to freshman regarding exam taking:

- Pace yourself! Keep an eye on the clock, but don't let time get you panicked.
- Do all the problems you know first, and don't spend too much time worrying about one problem.
- Have lots of pencils. You may need more than you think, especially for English exams.
- Don't worry if other people are finishing before you.
- Bring Gatorade or another sports/energy drink. They help to keep you focused and hydrated better than water.
- Eat a decent breakfast and lunch. You don't want to be distracted by hunger.
- Take exams seriously. It may be only 10% of the yearly grade, but that 10% can bump you up or down a letter grade in the end.
- Break up all of the sections that were covered during the two quarters. By reviewing these notes, you will see what you need to improve on.
- Use note cards as flash cards to arrange the information.
- Find the most important notes that you took in a class and pick out the key points. Put those key points on a separate study sheet.
- Don't stay up all night studying excessively. Sleep is a very important before an exam.
- Use free time after tests if you finish early, or if you're stuck at school without a ride home at the end of the day, to your advantage by studying.
- Review old tests, homework, and notes.
- Don't cram all of your studying in at the last minute as it makes facts harder to remember and it stresses you out.
- Review 15 minutes before bed and 10 to 15 minutes when you wake up.
- Attend teacher review sessions.
- Review materials in small sections.
- Write good notes if you are an active learner.
- Listen to the hints and ideas teachers give you about the exam.
- Know everything on the review sheet that teachers may give out. 99.9% of the time what is on the review sheet is on the exam.
- Ask a lot of questions and try to get as much information about each exam as possible such as what chapters to study. Organize all the information and what you don't know – study!
- Meet with a study group and give each other small quizzes.
- DON'T WORRY! Everyone builds exams up to be a lot worse than they are. If you can stay calm, then they fly by.