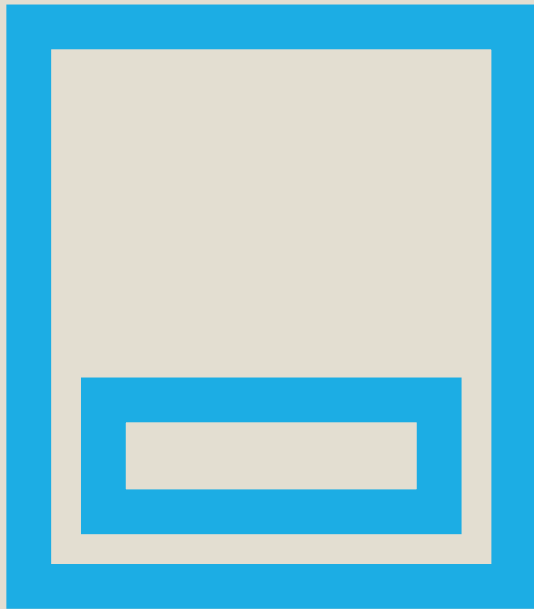


# Exam Techniques

*Practical  
ideas to  
help you  
get through*

# Tips & Tricks



- Teach someone else
- Understand, don't just memorise
- Create mental links
- Use mnemonics
- Pictures, diagrams, and symbols
- Hydration, exercise, and brain breaks

# Practise

- Past papers
- Write your own or swap with others
- Think like an examiner!
- Use tools
- Write for extended periods
- Vary question/answer format



# Planning

- Examine essay outline
- Study revision timetable/plan
- Mock exams or practice exam questions
- Plan timeframes ahead of the exam
- Double check details



# Dos & Don'ts

## Yeah

- Stick to your revision plan
- Reward yourself to help with motivation
- Listen to Baroque music (slow speed is best)
- Eat properly



## Na

- Procrastinate!
- Get sidetracked
- Spend time on the computer before completing your study session

# Types of Questions

## Essays

Follow standard structure i.e. intro, paragraphs which begin with a clear topic sentence, conclusion

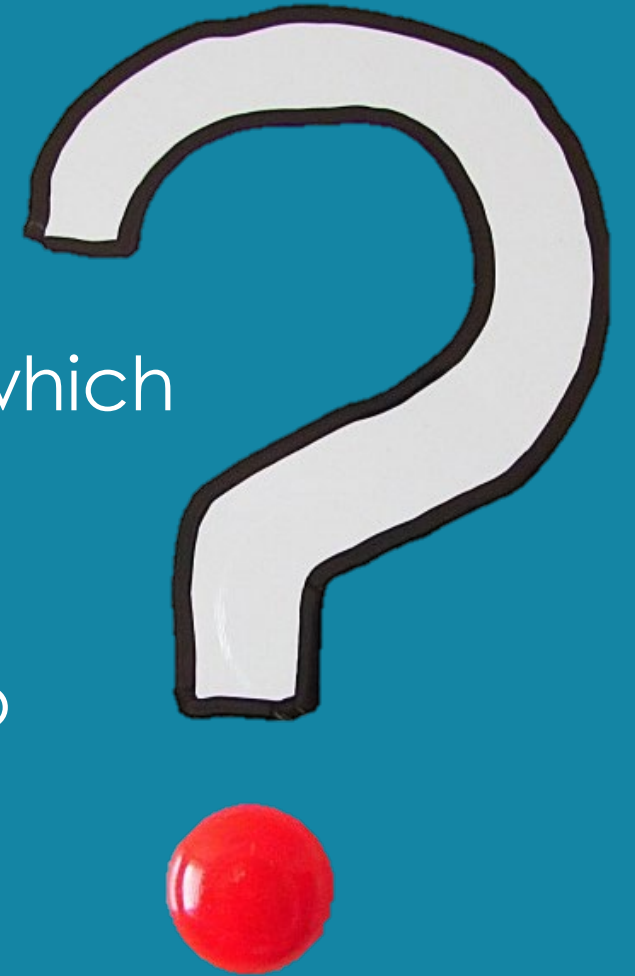
- Use PEEL structure
- Expand/explain using 5ws and an H question to generate content

## Short answer

- Follow the marking allocation

## Multi-choice

- Exclude wrong answers first



# Reduce Stress



## **Stress uses up working memory!**

- ❖ Control your breathing
- ❖ Use positive self-talk
- ❖ Try several drops of Rescue Remedy in water
- ❖ Arrive early
- ❖ Don't cram on the day or talk to others about your worries
- ❖ Choose the questions you know best to focus on – builds confidence
- ❖ Stretch shoulders, hands and neck. Shake hands.

# Planning & Structure

📌 Decide on the order (if not decided in advance)

📝 Brain dump on extra paper as soon as you start

🔍 Double check the number of questions, especially any compulsory questions

Ⓜ Underline key words

📄 Check on the reverse of pages, especially the last page!

⚠ Follow 'instruction' words e.g. discuss, compare and contrast, explain

🌀 Stick to your time markers. Stop and move on. You can always come back.



 If out of time, write bullet points

 Allow 5-10 mins to revise at the end

 Check all pages are named, in the right order, and notes pages crossed out.

 Make enough points to generate marks

 Use leftover time to review, add, clarify, and link

 APA? Unlikely...but check with tutor

 Start each section on a new page. Leave lots of space at the end so you can add to it

- ✓ Underline key words
- ✓ Make brief notes
- ✓ Leave plenty of space i.e. a whole page or several pages
- ✓ **Move onto the next question**
- ✓ Come back at the end
- ✓ If ideas come back when working on another question, jot them down but keep going on the new questions

