

THEY'RE JUST AROUND THE CORNER

TIPS TO HELP YOU PREPARE FOR EXAMS



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IT'S STAYING BRIGHTER FOR LONGER AND STARTING TO FEEL LIKE SUMMER ... IT MUST BE GETTING CLOSE TO EXAMS!

Before you start panicking, take a look at these tips to help you make the most of your study leave.

- A few weeks out from your exams, draw up a study timetable that lists what you're going to study, when.
Be as specific as possible by breaking each subject up into topics you need to study. This helps you to get straight into study each day knowing what you're going to do.
- Mixing it up is good. If you stick to one subject for too long, your brain can start to switch-off so schedule some algebra after novel studies, for example.

If possible, mix up where you study too so as to keep things interesting. Have a number of quiet, distraction-free spots and move between them.

- Don't spend time revising stuff you already know. If you don't understand something, ask for help or go online and see if you can find the answers.
- There are many ways to revise, including drawing mind maps or diagrams, making notes, answering past papers, writing cue cards, asking someone to test you, highlighting important words or ideas, putting key-word posters on your bedroom wall or ceiling, or writing skeleton essays. Find a combination that works for you.
- Making notes is a great way to memorise a lot of information. (The aim is to move the information out of short-term memory and into long-term memory.)
You'll remember better if you write your notes out by hand rather than typing them.

Reading your study notes aloud can help the information stick because you're processing your notes audibly as well as visually.

- Take short frequent breaks. Research shows that shorter 25–30 minute study sessions work best because your concentration levels are higher. At the very least, aim to break every 50 minutes for 10 minutes.
- Look at past exams and exemplars. There are plenty available at <http://www.nzqa.govt.nz/qualifications-standards/qualifications/ncea/subjects>
- Mornings are a good time for note taking, as you're feeling fresh. Before bed is a good time to look over your notes and commit them to memory. (Your brain processes new memories while you're asleep.)