

SO YOU'RE...

# Anxious about exams?

Created by Lauren Kanko



WELLNESS  
EDUCATION  
CENTRE



## Make Changes to Your Habits to Study Better

---

- Use the **50:10 cycle** by sticking to 50 minutes of studying with a 10 minute break
- Study your hardest material when you are most awake and alert (often the morning)
- Get sleep! Your brain needs it to consolidate all the information you've learned
- Try different methods of studying (reading, making notes, quizzing a study buddy)
- Take **active** breaks and get some fresh air between study sessions to stay fresh
- Find a study space that is productive and calming for you
- Use relaxation techniques (ask us for some materials!) and maintain perspective:  
*You are much more than your exam scores - they do not define you as a person.*

## Reduce Stress

1

**Weeks before exams:** Start planning out a study schedule and identifying which courses are your most difficult or content-heavy. If writing the exam is your biggest concern, attend Learning Skills workshop at the Student Development Centre to learn more exam strategies.

---

2

**Days before exams:** Prioritize your studying by covering your least confident topics first. Assess what your biggest concern is now and tackle it. Reassess your study schedule and determine how many hours each course still needs and how much time you have left.

---

3

**Day of the exam:** Tune into your breathing and practice taking a few deep breaths. Give yourself a break before heading into the exam room. Do something for the 5 minutes before the exam that you find relaxing, whether it's listening to music or just sitting quietly.

SO YOU'RE...

# Writing an exam today?

Created by Lauren Kanko



WELLNESS  
EDUCATION  
CENTRE



## Stay Calm When Writing Exams

---

- Focus only on the exam: don't worry about your future grade or other students
- Read all instructions & questions carefully - there may be hints or options available
- For multiple choice, formulate an answer before looking at the options
- Review the alternatives compared to your answer to make sure it makes sense
- On written exams, check your answers for math mistakes, spelling errors & grammar
- For essay questions, make a quick outline to ensure you answer the whole question
- If you are stuck on a question, move on and save time to come back to it after.

## Writing the Exam

1

Arrive early »»→

Give yourself enough time to find the building and correct room, then do any last minute tasks like going to the washroom and filling your water bottle. Take a few deep breaths and try not to cram last-minute.

---

2

Take a deep breath »»→

Calm down, focus on your breathing, and talk to yourself with confidence. You have studied hard and are prepared. Feel confident in your studying and just focus on doing your best.

---

3

Give yourself a break »»→

During the exam, stop and drink some water if you need it or do a quick stretch to take a break from writing. After the exam, relax and treat yourself for your hard work so you'll be ready for the next one.