

# Study Tips for Exams

*"The secret of getting ahead is getting started. The secret of getting started is breaking your complex, overwhelming tasks into small manageable tasks, and then starting on the first one." – Mark Twain*

## 1 Scheduled

- Make a study plan. You can download and customise TASC's [study plan template](#).
- Add your exam dates, times and locations.
- Include your responsibilities (classes, work, family, sport).
- Give yourself time out for meals, snacks, study breaks, sleep, exercise/fresh air and time with family/friends.
- Allocate short blocks of study time for each exam based on how comfortable you are with knowing their content.
- Allow more time for courses you find difficult.
- Keep your plan accessible to help you to be consistent with studying and following your plan.

## 2 Focused

- Know the course materials and what to expect. See the [course documents](#) on the TASC website.

Talk with your teacher about the:

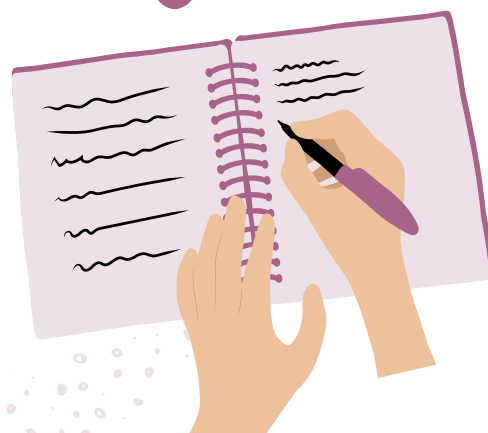
- course criteria that will be covered
- number of questions and the time allocated
- type of questions – essay or short answer?
- equipment you can take into the exam – calculator, stationery, dictionary?

- Create a tidy, quiet study area with space and light if possible. Switch off your phone and social media.
- Complete practice exams to identify what you need to focus on. Access past exams at [Previous exam papers](#).

## More Resources...

For more helpful resources, visit [Preparing for Exams](#).

TIME TO STUDY



## 3 Healthy

- Sleep – at least 8 hours.
- Eat well and keep hydrated.
- Have regular breaks from studying. Focused 25–30-minute blocks of study time are most effective.
- Practice mindfulness.
- Exercise, a walk is fine.
- Balance study and work with relaxing chill time, spending time with friends and doing activities you enjoy.

