

## Planning Your Exams

When it comes to exam season, it's important to get ahead of creating a study schedule, knowing when your exams are coming, and anticipating your busiest days or weeks. In thinking ahead, you will be able to plan for success.

### Some things to keep in mind

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#### First things first:

1. Put your exam schedule into a digital or physical planner \* be sure to note the TIME and location of your exams.
2. Identify your busiest days or weeks.
3. Gather any information available to you on the format of your exam, whether or not the exam is cumulative, open book, online, and if you get a cheat sheet or any supplemental resources.



#### Creating a study schedule:

- It's not a good idea to schedule 4+ hour study blocks on one subject.
- Schedule study blocks for only up to three hours at a time - include time for breaks and revision.
- Be mindful of spending too long on one subject if you have multiple exams coming up.
- Avoid scheduling long study blocks right before your exam, as you want your brain to be rested.



#### Prioritization

- Be mindful of the subjects you struggle with and which ones will require more study time.
- Even if an exam comes a week after another, be sure to make time to study all your subjects so you're not overwhelmed or cramming in lots of material.



#### Time Management Tips

- Be aware of procrastination.
- Assign clear goals to each study block (half a chapter, answering 5 problem questions etc)
- Use study tools such as the pomodoro method or other time tracking tools to help you focus.



Pro tip: Remember to take deep breaths while writing your exam, and before starting the exam to reduce test-taking nerves.



To learn more, book a one-on-one coaching appointment or attend a Learning Skills Workshop!  
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