

# EXAM PREP



Here are some tips and tricks to help you study and stay healthy during exams.

- 1 Manage your stress**  
It's hard to keep calm during exams. Make sure you take care of your stress - laughing with friends, exercise and sleep all help! Self-care is good care.
- 2 Learn to focus & plan your time**  
It's important to study without distraction. Try setting mini time goals while you study, to help keep you on track and on task!
- 3 Start planning early**  
Don't procrastinate! Get a head start on your studies and plan how you will approach your exams.  
**TIP:** don't get hung up on the hard stuff first. Do what you know best and revisit the harder questions.
- 4 Eat something!**  
You need to feed your brain - try to eat something nutritious. If you are struggling with groceries, the Students' Association's Food Cupboard can help.
- 5 Stay Hydrated!**  
Being well hydrated is essential for your brain to work its best! Drink lots of water while you study and on the day of your exams. Coffee doesn't count ;)

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### **Stay Connected!**

Everyone needs some 'down time'. While socializing will naturally decrease during exams, it's important to make time for your social life as well.

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### **Take advantage of resources**

Student Support Services offers a range of Exam Prep Workshops, Peer Tutoring and assistance.

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### **Create study groups**

Getting together with your peers is a great way to learn. You may have questions that they can answer, and vice versa. Try to keep your sessions focused!

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### **Ask for help!**

There are many resources that can help you be successful during the semester and while preparing for exams. Connect with your Student Success Specialist for assistance - we're here to help!

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### **Treat yourself**

Plan a post-exam treat for yourself! Hang out with friends, do a movie night, or even a little getaway. Do something fun - you deserve it!

**Connect with your Student Success Specialist**

**Dan Cuddy**

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