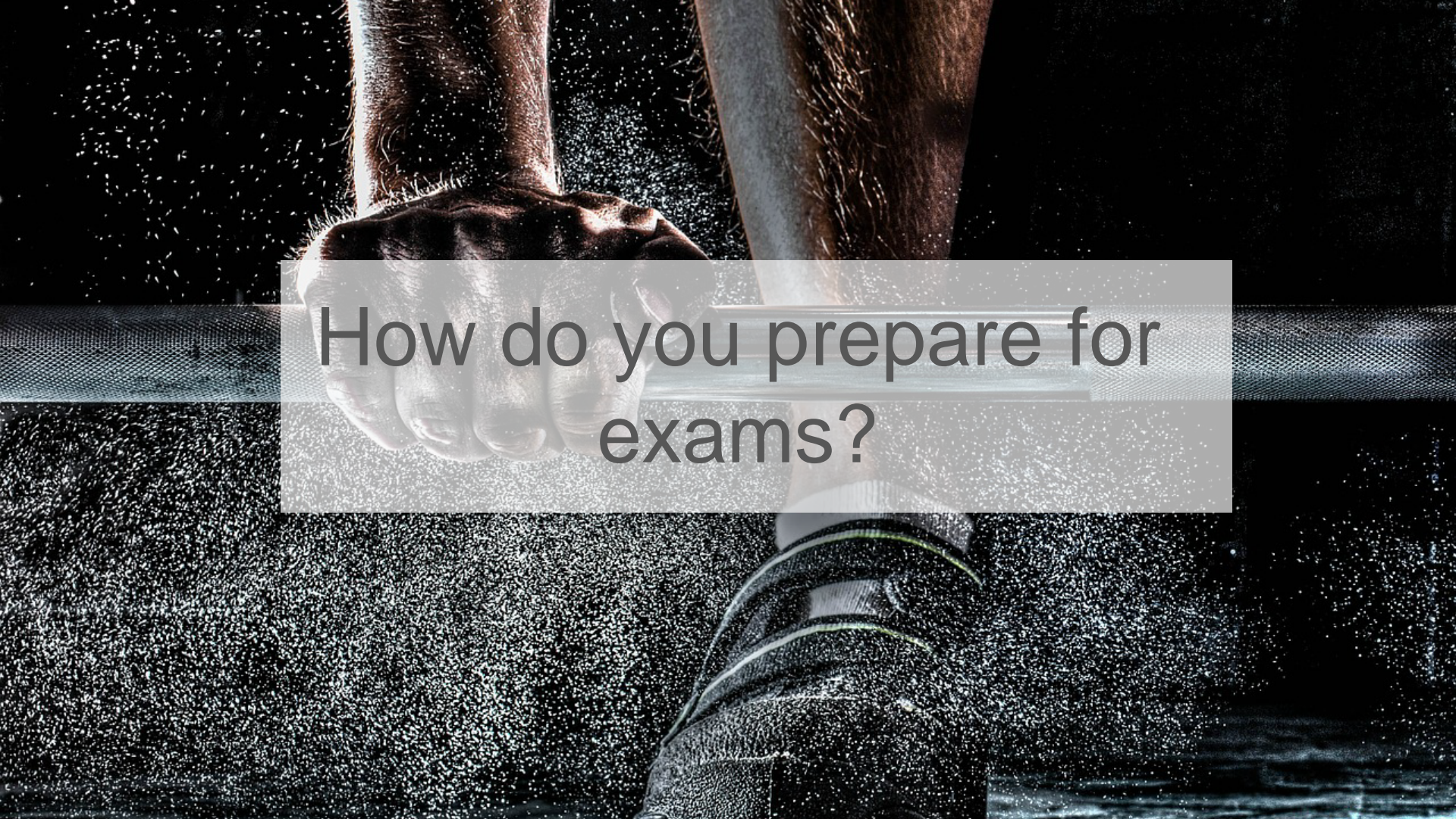


Exam revision and preparation



How do you prepare for exams?

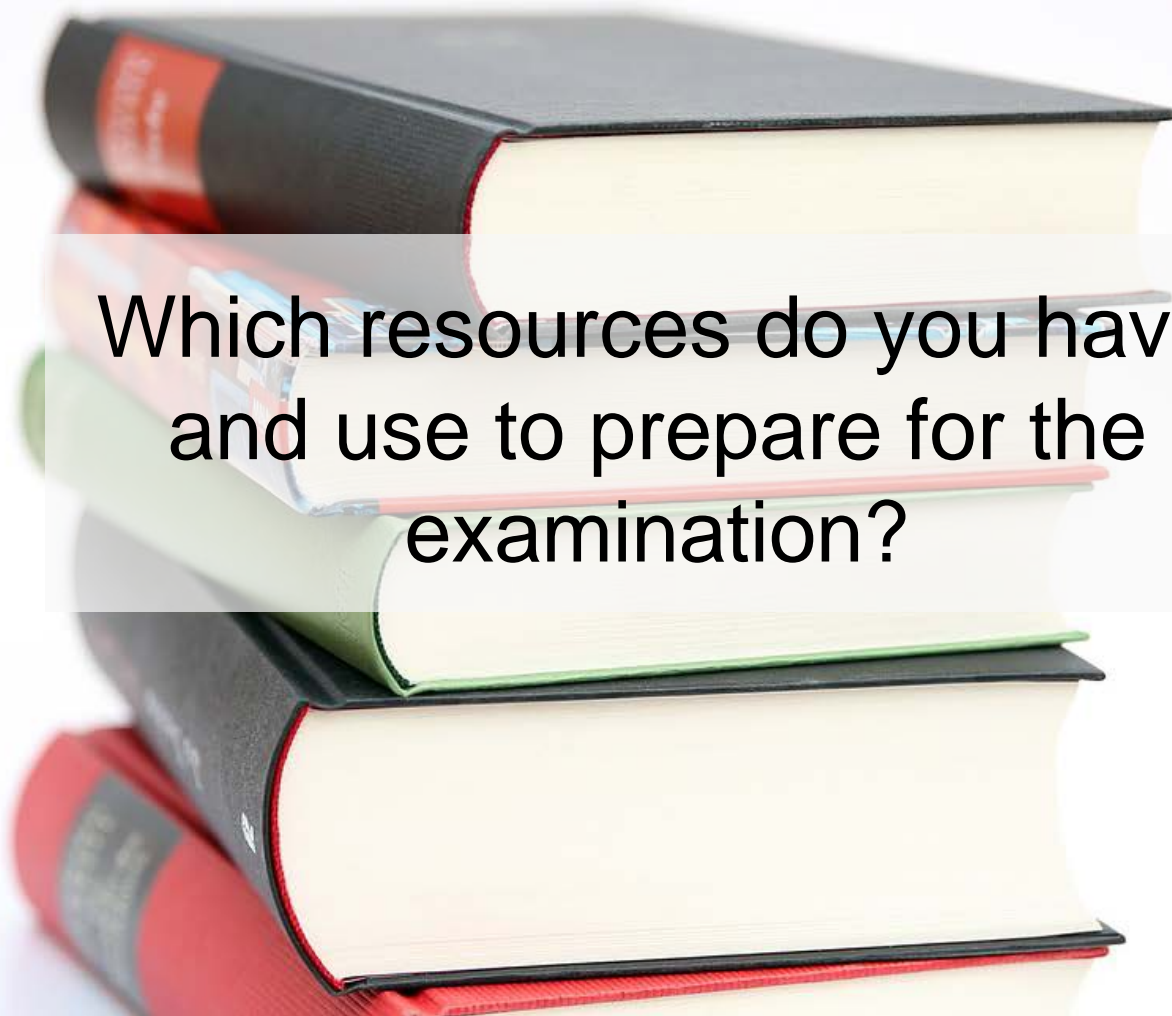
Prepare for exams

- Make a study plan and commit to it.
- Read and understand content of study material.
- Prepare and submit assignments.
- Make notes when studying.
- Highlight sections that you experience challenges.
- Understand exam guidelines and format.

When can you start with exam prep?

Immediately after receiving your study material by:

- Studying.
- Making notes.
- Preparing and submitting assignments.
- Contact lectures or fellow students when experiencing challenges.



Which resources do you have
and use to prepare for the
examination?

Resources for exam preparation

- Tutorial letters.
- Study guides and prescribed books.
- Assignments and previous question papers.
- Fellow students and lectures.
- My studies @ Unisa book (study skills).

When to start with exam revision?

- After receiving your assignment feedback
- Month prior to exams

Resources for exam revision

- Assignment feedback
- Previous exam papers
- Fellow students and lectures
- Study notes
- Study guide outcomes

Effective exam revision

- Avoid procrastinating
- Avoid distractions
- Stick to your study table
- Prepare mock exams and write them
- Exercise, eat enough and get sufficient rest
- Identify demotivators and
- Reward yourself

How to manage when demotivated

- Think about results of your goals, e.g. getting employment, buying a car or house.
- Say it loud (I am going to study and will get a distinction).
- Focus on the here and now – not on the past or future.
- Separate yourself from negative people.

Unexpected events

Examples:

- Financial crisis
- An illness or injury
- A crisis involving family members or loved ones
- Stress related to frequently feeling e.g you don't have enough time
- Stress related to relationship problems

How to manage those events

- Analyse the problem to consider all possible solutions.
- Seek help from: peers, family, academics, counselling (depending on the kind of help you need).

What do you still need to pay attention to?

- Listen to podcast: <http://bit.ly/1mhrmgw>

Study skills resources

All about exams:

<http://www.unisa.ac.za/default.asp?Cmd=ViewContent&ContentID=96773>

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