


# Maintaining your exam focus

# Maintain your exam focus

- Do a self reflection on your study workload.
- Set a time frame and commit yourself to it.
- Identify aspects that makes you feel anxious about your exams.
- Negotiate support (family and friends).
- Do not study new material before you enter the hall.

A group of four people (two men and two women) are sitting around a round, light-colored stone table outdoors. They are all looking at their laptops, suggesting a collaborative work or study session. The background shows a green lawn and trees, indicating a park or campus setting. A semi-transparent white box is overlaid on the center of the image, containing the text.

What are things  
that motivate you  
to remain  
focused?

# Motivators are:

- A person or something that makes someone enthusiastic about doing something

In the case of your studies, reflect about:

- Your career goals
- Your career planning
- The support system

# Career goals

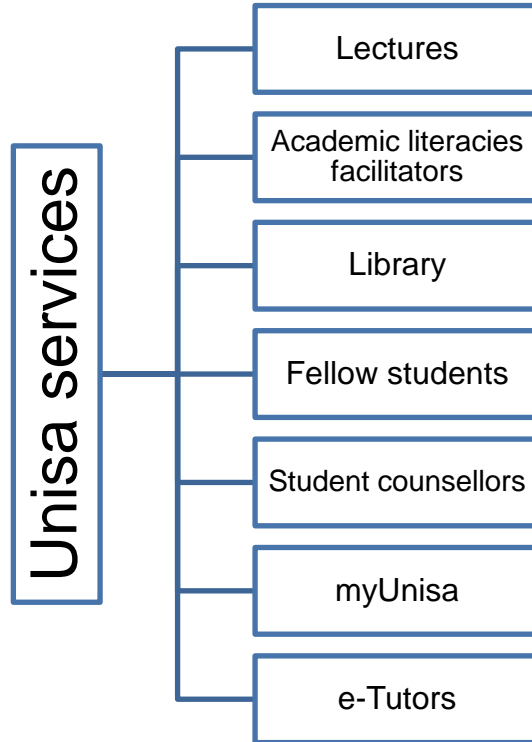
You can reflect on three important aspects:

- Why are you studying?
- What is it that you do not have, that you would like to achieve?
- What does success mean to you?

# Career planning

- How hard are you prepared to work on your studies?
- How long are you planning to complete your qualification?

# Support system



**What do you still need to do?**





# You need to :

- Stick to your timetable and also have time for other commitments.
- Contact your lecturers if you are unsure about aspects of the work.
- Have a positive attitude to help you cope with exam anxiety.
- Exercise, eat enough and get sufficient rest.
- Arrange for study leave.
- What else is important?

# Before and during the exam

- Learn as much as you can about the exam.
- Try to foresee the questions likely to be on the exam.
- Don't be tempted to stay up late cramming. Get some exercise and watch what you eat.
- Get to the exam venue early.
- Create an exam plan.
- Write it down.
- Read the directions carefully.
- Do the easy questions first.
- Keep an eye on the time.
- Check your work.

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