

EXAM TIPS



EXAMINATION TIME ALLOCATION



3 HOURS 15 MINUTES

SECTION A + SECTION B = 100 MARKS

Divide your allocation time (180 minutes/100 = 1.8 minutes)

1 mark = 1.8 minutes

15 minutes reading time



Let say, you have 3 hours to answer the 8 questions:

- This means you should allocate a maximum of 45 minutes to Section A, which contains 5 questions, each worth 5 marks.
- In Section B, where each question carries 25 marks, you should allocate a maximum of 45 minutes per question.
- If you reach 45 minutes on a question, best to move on and come back later!

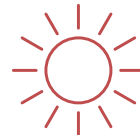
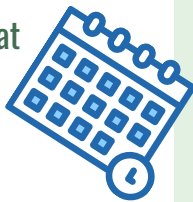
- Discuss with your peers
- Refer to examiners' report to understand weaknesses
- Do past year questions
- Manage your study time

REQUIRED EXAM PREPARATION



BEFORE YOUR EXAMINATION

- Check your exam timetable, check the format, date, time, venue, and your seat number.
- Read the exam guidelines carefully.
- Plan your route to the exam venue, use Waze for ETA. Don't be late!
- Remember to pack essential items like ID, passport, phone, and pen.
- Get ready for exams by fueling up with a good meal. Check out page 2 for some top-notch tips to squash those pre-test jitters!



DAY OF YOUR EXAMINATION

- Allow plenty of time to get ready and plan for delays.
- Consider what to wear, as some exam venues can be quiet cold or warm.
- Take your bag and identification details.
- Arrive early at your exam venue



EXAM ANXIETY

WHAT CAUSES EXAM ANXIETY?

- PERFECTIONISM
- POOR STUDY HABITS
- LACK OF SLEEP
- EXAM TRAUMA



Anxiety is part of the body's natural 'fight or flight' response to stress.

DO YOUR BEST!

- Study early
- Use effective study techniques
- Be well prepared



SHARPEN YOUR MIND STRENGTHEN YOUR BODY

- Adequate sleep
- Eat healthy
- Exercise
- Relaxing activities



BEAT EXAM ANXIETY

CONNECT WITH SUPPORTIVE PEOPLE

- Study with peers
- Seek out supportive friends or family for casual conversations



LEARN TO MANAGE THE PHYSICAL SYMPTOMS OF ANXIETY

- Practice stress management techniques even when calm
- View stress as a helpful tool



BECOME YOUR OWN MOTIVATIONAL COACH

- Don't dwell on negative thoughts
- Focus on past successes to boost confidence



REFRAME YOUR THOUGHTS

- View exam positively
- Embrace certain number of stress to help on focus level
- A bit of stress helps to boost energy and decrease emotional exhaustion during examination

