

Exam Study Tips



Exams are coming up, and it's normal to feel a bit of pressure, but staying organised and looking after yourself makes a big difference.

PLAN YOUR TIME WISELY:

- Make a simple study timetable that spreads subjects across the week.
- Focus on quality study, not just long hours.
- Try the 50/10 rule: 50 minutes of study, 10 minutes of break.
- Mix up subjects to keep your mind fresh.
- Use breaks to move, stretch, or get outside.

STUDY SMART:

- Summarise your notes instead of rereading them.
- Quiz yourself or teach the topic to a friend.
- Use flashcards, mind maps, or short practice questions.
- Try at least one past exam paper under timed conditions.

STAY CONNECTED:

- Keep some time for friends, family, and things you enjoy.
- Ask teachers for help early if you're unsure about something.
- Talking about how you're feeling can help reduce stress.

REMEMBER:

Stay calm, trust what you know, and keep things in balance; exams don't define you.

LOOK AFTER YOURSELF:

- Aim for eight hours of sleep; rest helps memory and focus.
- Eat well, stay hydrated, and get a bit of exercise each day.
- Take at least one full day study break each week to recharge.

IN THE FINAL WEEKS:

- Leading up to exams:
- Study 3-5 hours on school days and 6-8 on weekends.
- Focus on practice exams and your weaker areas.

During exam week:

- Review key notes briefly, rest, and eat well.
- Avoid last-minute cramming.

ONLINE RESOURCES:

headspace:

- <https://headspace.org.au/explore-topics/for-young-people/prepare-for-exams/>

Kids Helpline:

- <https://www.kidshelpline.com.au/teens/issues/exam-stress>
- <https://www.kidshelpline.com.au/parents/issues/helping-kids-cope-exam-stress-0>

Reach Out Australia

- <https://au.reachout.com/study-work-and-money/exam-stress>
- <https://au.reachout.com/study-work-and-money/exam-stress/reachouts-exam-checklist>
- <https://tinyurl.com/4jb8jk22>