Preparing for exams

ANU Academic Skills
ANU Counselling Centre
Before
Preparation is key
Find out the ANU rules

• Where and when are exams held?
• What if I’m sick?
• What if I need special assistance?

[www.anu.edu.au/students/program-administration/assessments-exams](http://www.anu.edu.au/students/program-administration/assessments-exams)

• Prepare for online exams, consult the Proctorio FAQs:
  • [https://www.anu.edu.au/students/program-administration/assessments-exams/proctorio-faqs](https://www.anu.edu.au/students/program-administration/assessments-exams/proctorio-faqs)
Find out all you can about your exams

• Consult your class summaries, Wattle sites, and convenors to learn:
  • What type of exam?
  • What type of questions?
  • Online or in person?
  • How long?
  • What’s it worth?
Summarising and note-taking...

Apples are better than oranges. 

Expectation

The importance of fruit as part of a healthy diet is well accepted and encouraged by health professionals. Current dietary guidelines promote the daily consumption of fruit to assist in the prevention of cancer (Cancer Council of Australia, 2014), cardio vascular disease (National Heart Foundation of Australia and other chronic and degenerative diseases (Department of Health). While there is little to much to support the view that chemical compounds of different fruit and vegetable types vary and some fruits are more beneficial than others, there is little doubt about the need to encourage fruit consumption. Understanding the differences between hurdle in terms of palatability, storage life, nutritional advantages, and dietary benefits are important factors. While both fruits offer nutritional advantages, apples are better than oranges. In general, apples with a higher number of polyphenols consume slightly more caesium (Cambridge, Millar, & Trowell, 2011; p. 107). Overall, in terms of essential vitamins and minerals, apples and oranges are equal nutritional benefits.

Reality

When compared directly, apples and oranges both have excellent nutritional content. Oranges in general contain more vitamins, in particular they are very high in Vitamin C as they contain 95.7g per average serving compared with 8.4g in apples (Fruit Composition Table: 2009). However, apples provide more energy, containing on average 46.5g of sugar compared to 38g in oranges (2009, p. 97). Apples contain more fibre and iron but both fruits have similar amounts of potassium, magnesium and phosphorus with oranges containing slightly more (Cambridge, Millar, & Trowell, 2011; p. 107). Overall, in terms of essential vitamins and minerals, apples and oranges are equal nutritional benefits.
Cornell note-taking system

Cue column: for comments/definition s/connections/items for follow-up etc

Notes section: Add in notes where the slides aren’t clear. Underline, asterisk, circle

Summary section: what was the key message/theme of the lecture?
Weekly notes
- Lecture notes
- Tutorial exercises
- Readings
- Assessments

Topic summary sheet
- Terms
- Themes
- Theories
- Theorists

Course summary sheet
- Systematic, schematic overview
- Retrieval system to work backwards
Self Care

The Healthy Mind Platter

SLEEP TIME
PHYSICAL TIME
FOCUS TIME
TIME-IN
DOWNTIME
PLAYTIME
CONNECTING TIME

The Healthy Mind Platter for Optimal Brain Matter

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Closer to the exam
Create an exam study schedule

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Some revision techniques

• Revisit your notes from the semester
• Create summary sheets to consolidate your notes and your learning
• Library website has some past exam papers:
• Course textbook practice questions
• Create your own questions and quizzes
  • [https://quizlet.com/](https://quizlet.com/)
• Form peer study groups to quiz and support each other’s learning
Revision technique

Exam type

✓

✓
What is a successful revision activity that you have used before?
Make an exam plan

• Based on what you know about the exam:
  • Allocate approximate time for each section/question
  • Consider your plan of attack for each question type
  • Allow reading and planning time
Sample plan for 3 hour exam

<table>
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<th>question type</th>
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<td>10 short answer</td>
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<td>Time to review answers</td>
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Be flexible with your plan – in case of nasty surprises!

What approaches have you used to complete exams in the past?
ANU Counselling Talking Tips and Mental Health Resources

Getting help at ANU


Counselling website

http://www.anu.edu.au/counsel

Exam anxiety – information


Managing exam anxiety – podcast

https://soundcloud.com/user-273047072/managing-exam-anxiety/s-1y2U5

These resources will teach you how to recognise useful anxiety and how to "wrangle" the unhelpful; enhancing your optimal performance during exams.

There are also general anxiety management tips and strategies explored that may be of help during exam situations.
During
What not to do!

What to do!

• Answer every question
• Ensure every answer is on point
• Use all the time allocated
Read carefully and stick to the question

- Sample short answer question (Archaeology):
- You are interested in excavating a shell midden in South Australia. Who might you need to consult before you could implement such a task. Why?
Using your time

• Be strategic and use your time effectively:
• In which order will you answer the questions?
  • Will the 3 pass method work for you?
    • 1\textsuperscript{st} pass: the ones you know for sure
    • 2\textsuperscript{nd} pass: the ones you think you might know
    • 3\textsuperscript{rd} pass: the ones you have to guess at
Linear exams

• Check the format of the exam with your course convener

• If this type of exam, be prepared to work within these limitations

• Be strategic with your time management: give difficult questions as much time as feasible
During the exam

• How will you deal with questions you don’t know how to answer or run out of time to answer?
Tips for sitting online exams

• For guidelines on sitting online exams, consult the Proctorio FAQs: https://www.anu.edu.au/students/program-administration/assessments-exams/proctorio-faqs

• Do much of what we’ve already discussed, e.g. keep to time, use all the time available, answer concisely and on point

• In addition:
  • Create an optimal work space
    • Comfortable, well-lit, free from distractions, reliable internet
  • Disable notifications on your computer/phone and close other programs
  • Use note paper to brainstorm, jot down thoughts and ideas, and keep a record of unanswered questions
After
Reflection

• How useful were your notes?
• Did you use the best revision strategy?
• Was your exam plan successful?
• What was your worst experience and what did you learn from that?
Celebrate!

How will you celebrate?
ANU Counselling

➢ Free Counselling Sessions
➢ No referral required
➢ Confidential
➢ Professional
➢ Face to face and Zoom
➢ Next Day Appointments – every week day
➢ Group programs
➢ Web resources

To make an appointment:
• T: 02 6178 0455 (on Tuesdays, book online only)
• Level 3, Health and Wellbeing Building 156, Kambri – next to Club Lime
• General enquires - E: counselling.centre@anu.edu.au
• http://www.anu.edu.au/students/contacts/counselling-centre
ANU Counselling

• Sem 2 Groups: single sessions and 3-4 weekly groups
  • On campus and via Zoom – Free
  • Group programs and workshops – ANU
  • Sleep, everyday mindfulness, procrastination and motivation

• ANU Wellbeing and Support Line: 24hr support
  • Phone (voice calls only): 1300 050 327
  • SMS Text message service: 0488 884 170
ANU Academic Skills
Helping you to achieve academic success!

Peer Writers
• Ask us a quick question
• 10-15 min drop-ins
• Face-to-face or via Zoom
• During semester, Mon-Fri 11am to 1pm

Writing Coaches
• Check you're on the right track
• 30 min booked appointments
• Face-to-face or via Zoom
• Written feedback also offered
• During semester, Mon - Fri 10am to 4pm

Learning Advisers
• Excel in your research writing
• 45 min booked appointments
• Face-to-face or via Zoom
• Written feedback also offered
• Throughout the year, Mon - Fri 10am to 5pm
Questions?