

Some Useful Exam Preparation Tips For Our Students:

Second semester is ending. Lecture **stress** is almost over. Our beloved students are thinking how to study and most importantly **how to survive the exam**. Some of our students are thinking how to **score A's**. Hence, with the correct techniques of studying and proper guidance from the lecturer, our students can make differences. Lecturer has unswerving effect on how students perform in the exam.

Exams are the most stressful time for university students. If they are guided with the basic techniques of studying, there is a real possibility of increased confidence as well as a room for accomplishment. Although, students have attended university level, study indicates that they still lack studying skills and **Metacognitive strategies**. Therefore, it is of extreme important that lecturer should guide his/her students how to study either for exam or for self-enrichment. Based on the latest research and investigation by well-known researchers, the following are some basic and effective techniques that a lecturer can utilize in order to prepare students for the exam:

1. From the very first lecture, tell your students to start studying as early as possible. Tell them to make a timetable indicating the time of the study in a particular day. Take short notes of the lecture while the lecturer explains concepts and difficult words.
2. Ask them to talk to their brains by sending electrical signals (voice) that *I have to study for my future*. **Electrical signals** and **chemical messengers** are called **neurotransmitters** that activate responding **neurons** so that human can function wisely. After all, brain controls our thoughts and actions. Therefore, once we send a positive message to the brain, the neurons are activated. The brain then starts using every means to accomplish that message. (*Train Your Mind, Change Your Brain*) Sharon Begley 2007.
3. Teach them to use EFT (**Emotional Freedom Techniques**) to overcome exam stress. *EFT is a simple tapping of the fingertips to input kinetic energy onto specific meridians on the head and chest while you think about your specific problem (exam) and say constructive assertions.* (Drs. Phillip and Jane Mountrose: *EFT Experts and Energy-Healing Pioneers*: <http://www.gettingthru.org/eft.htm>)
- 4 . Make a **brief Review** of all the chapters covered at the end of the semester. Ask them to take notes according to **spider diagrams**. It is similar to **mind map techniques** used to represent words, ideas, tasks, or concepts linked together for effortless comprehension.
5. Ask your students if anything unclear about the lectures.
6. Ask them to make **flashcards** for important concepts.
7. Ask them to **think positively**. Give them some kind **words of encouragement**.

8. Ask them to read previous semester exam paper so that they have some real idea how the questions look like.

9. Tell them to **sleep eight hours** the night before exam. In the morning, remind them to **eat some nutritious food** so that their brains can function. Sleep deprived person cannot remember well.

10. Ask them to **take deep breath** and stay calm during the exam. Read the direction of questions carefully. **Answer questions that are easy** first. Do not rush in finishing the questions so that go out of the hall earlier. Take your time to review your answers again.

© Dr. Qais Faryadi (FST)

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