# Exam Essentials

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Exam dates, times, and locations can be found on SIS

## Plan Your Time

What days are your exams? What days will you study for each exam? How will you spread out your studying so you are not overwhelmed? Need help? Plan time for office hours, study groups, tutoring, etc.

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Connect with us at: ASCatRIT

RIT | Division of Student Affairs  
Academic Success Center

Monroe Hall, 2080  
asc.rit.edu | asc@rit.edu  
(585) 475-6682
Exam Study Plan
Academic Success Center

1 Get Started Now

Make a Plan
Make a schedule of when you can do focused preparation for your exams. Start early and keep it realistic.

Break it Up
Avoid cramming by allotting time for review. There is less chance that you will remember what you studied if your brain is fatigued.

Use Little Blocks of Time
Use time while waiting for a friend, a bus, or those moments in the shower, to reread, rethink, and review material.

Mix it Up
Don’t try to do marathon sessions; your brain needs variety!

2 Don’t Get Off Track

Get Some Sleep
Proper sleep and nutrition help your brain absorb all that information.

Take it Down the “Home Stretch”
Proper sleep and nutrition help your brain absorb all that information.

Stay the Course and Stay Calm
Mentally rehearse walking into the room, looking over the test, and answering the questions. Rehearse and visualize how you will respond to something you don’t know. Tell yourself that you can only do your best.

3 Deal With Your Tension

Take Some Time to Relax
Take a short walk, do some meditation, or get some exercise. Relaxation allows you to release nervous energy and helps you focus.

Don’t Catch an Anxiety “Bug”
Surround yourself with hard-working, focused students and avoid those people that are “flipping out.”

Adopt a Positive Attitude
See exams as an opportunity to show what you’ve learned and see how far you’ve come through your hard work. See exams as challenges, not threats!

Plan For a Reward
Schedule something fun for when it’s over, a movie, a visit with a friend, or a special meal. But don’t forget to treat yourself along the way with small breaks, coffee, or your favorite show!