

Exam preparation checklist

I have . . .	Check
1. gathered all information available about the exams (i.e., time and location, format and types of questions, content covered, weighting of each exam, and the marks allocated for each question).	
2. made an exam review timetable that takes into account priorities, time between exams, and my wellness.	
3. attended the exam review sessions.	
4. applied effective study strategies.	
5. attempted past questions under timed session and other constraints.	
6. asked my teachers or GTAs about things I am not sure about.	
7. eliminated all distractions during my review sessions.	
8. maintained my wellness through getting adequate sleep, eating healthy food, having breaks, and exercising.	