Controller

use App\ExamTitle;

$examtitles = ExamTitle::all();

return view('schedule.show', compact('schedule', 'examtitles'));

show

<select style="width:200px" id="examtitle" name="examtitle" required="">

<option value="0" disabled="true" selected="true">--Please Select--</option>

@foreach($examtitles as $cat)

<option value="{!! $cat->id !!}">{!! $cat->examtitle !!}</option>

@endforeach

</select>