The strategies I will use to study for my exam are the following:

* Utilizing the review quiz my syllabus provides in week 9 for the final exam preparation.
* Reviewing all the notes I have taken for weeks 1 to 8.
* Summarizing all the work I have learnt for weeks 1 to 8.
* Reviewing the quizzes I have taken for weeks 1 to 8 and the notes I have taken on the exam questions I struggled with during each week.
* Ensuring I have enough time to complete the exam and that I do not write it last minute.
* Checking my internet connection before I start the exam.
* Checking my load shedding schedule 8in advance to ensure I do not struggle with a power cut during the exam.
* Ensuring I eat well, hydrate and get enough sleep this week to ensure I am not overly tired, sleep deprived or nutrient starved during the exam so that my brain can concentrate without hindrance.

I do not have test taking anxiety when I am prepared for a test. The only times I have ever felt anxiety was when I knew that I was not prepared and I have not mastered the content in the exam I was about to take, i.e. when I knew I was going to fail and there was no way that I could pass. Being prepared and knowing the content on the exam is how I overcome this anxiety. Studying for the exam, being active in learning and reviewing all the work before the exam helps a ton.

260 words