

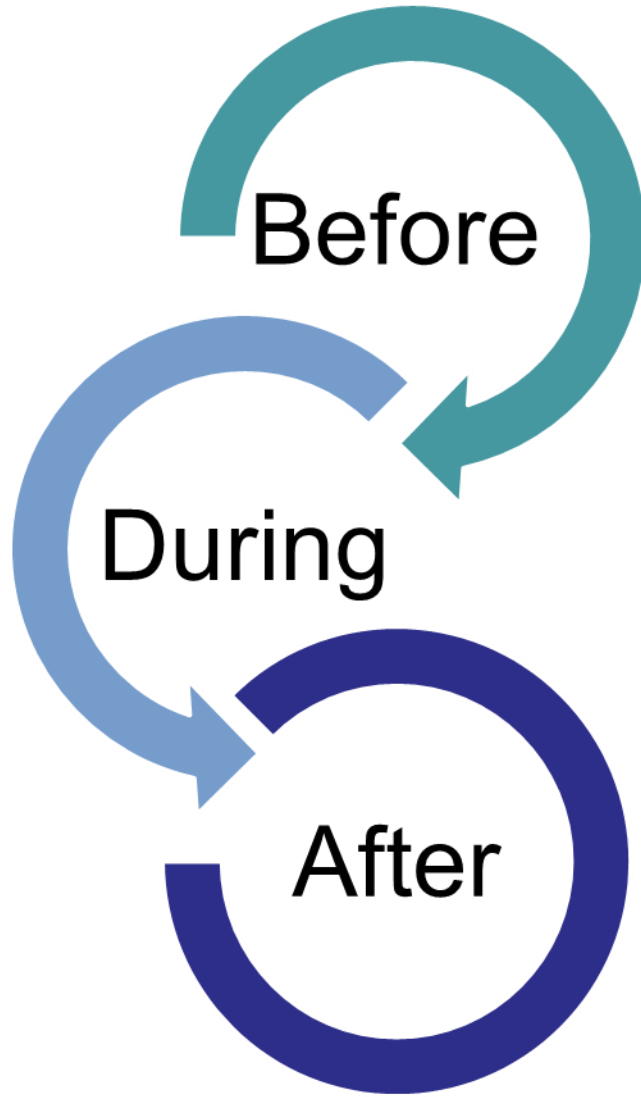


Australian
National
University

Preparing for exams

ANU Academic Skills

ANU Counselling Centre







Find out the ANU rules

- Where are exams held?
- How do I find out when they are on?
- What can I take in?
- What if I'm sick?
- What if I need special assistance?


www.anu.edu.au/students/program-administration/assessments-exams

Find out all you can about your exams

- What type of exam?
- What type of questions?
- How long?
- What's it worth?

www.anu.edu.au/students/program-administration/assessments-exams

Semester planning: Break down your tasks

	Australian National University	SEMESTER PLANNER																		
Course	Weeks	1	2	3	4	5	6	Break	Break	7	8	9	10	11	12	Exam	Exam	Exam		
	Tasks	%	20/2	27/2	6/3	13/3	20/3	27/3	3/4	10/4	17/4	24/4	1/5	8/5	15/5	22/5	29/5	5/6	12/6	
BUS2-001	Tut Quiz	10		DUE	DUE	DUE	DUE	DUE			DUE	DUE	DUE							
	Mid semester	25									DUE									
	Report	15											DUE							
	Exam	30															DUE			
EUS2-001	Mid sem	30										DUE								
	Tut tests	10				DUE							DUE							
	Exam	60															DUE			
H22-001	Tut Quiz	15		DUE	DUE	DUE	DUE	DUE			DUE	DUE	DUE	DUE	DUE					
	Mid semester	15									DUE									
	Exam	60															DUE			
SC41-001	Quiz	10		DUE	DUE	DUE	DUE	DUE			DUE	DUE	DUE	DUE	DUE					
	Assignment	30				DUE					DUE				DUE					
	Exam	60															DUE			
Academic Skills & Learning Centre		Access & Inclusion		Medical Services		PARSA		Chaplaincy												
W anu.edu.au/students/learning-development		W anu.edu.au/students/health-wellbeing/diversity-inclusion		W anu.edu.au/students/health-wellbeing/medical-services		W parsa.anu.edu.au		W anu.edu.au/students/contacts/chaplaincy												
E academicskills@anu.edu.au		E access.inclusion@anu.edu.au		E health.reception@anu.edu.au		E parsa@anu.edu.au		E chaplaincy@anu.edu.au												
T +61 2 6125 2972		T +61 2 6125 5036		T +61 2 6125 3598		T +61 2 6125 4187		T 6125 4246												
Counselling Centre		Careers		ANUSA		Dean of Students		Emergency												
W anu.edu.au/students/health-wellbeing/counselling		W anu.edu.au/students/contacts/student-experience-career-development		W anusa.com.au		W anu.edu.au/students/contacts/dean-of-students		T 000												
E counsellingcentre@anu.edu.au		E careers@anu.edu.au		E sa.admin@anu.edu.au		E dean.students@anu.edu.au		ANU Security												
T +61 2 6125 2442		T +61 2 6125 3593		T +61 2 6125 2444		T +61 2 6125 4184		T +61 2 6125 2249 (Press 1 for Emergency)												

Academic Skills & Learning Centre
W anu.edu.au/students/learning-development
E academicskills@anu.edu.au
T +61 2 6125 2972

Counselling Centre
W anu.edu.au/students/health-wellbeing/counselling
E counsellingcentre@anu.edu.au
T +61 2 6125 2442

Access & Inclusion
W anu.edu.au/students/health-wellbeing/diversity-inclusion
E access.inclusion@anu.edu.au
T +61 2 6125 5036

Careers
W anu.edu.au/students/contacts/student-experience-career-development
E careers@anu.edu.au
T +61 2 6125 3593

Medical Services
W anu.edu.au/students/health-wellbeing/medical-services
E health.reception@anu.edu.au
T +61 2 6125 3598

ANUSA
W anusa.com.au
E sa.admin@anu.edu.au
T +61 2 6125 2444

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E parsa@anu.edu.au
T +61 2 6125 4187

Dean of Students
W anu.edu.au/students/contacts/dean-of-students
E dean.students@anu.edu.au
T +61 2 6125 4184

Chaplaincy
W anu.edu.au/students/contacts/chaplaincy
E chaplaincy@anu.edu.au
T 6125 4246

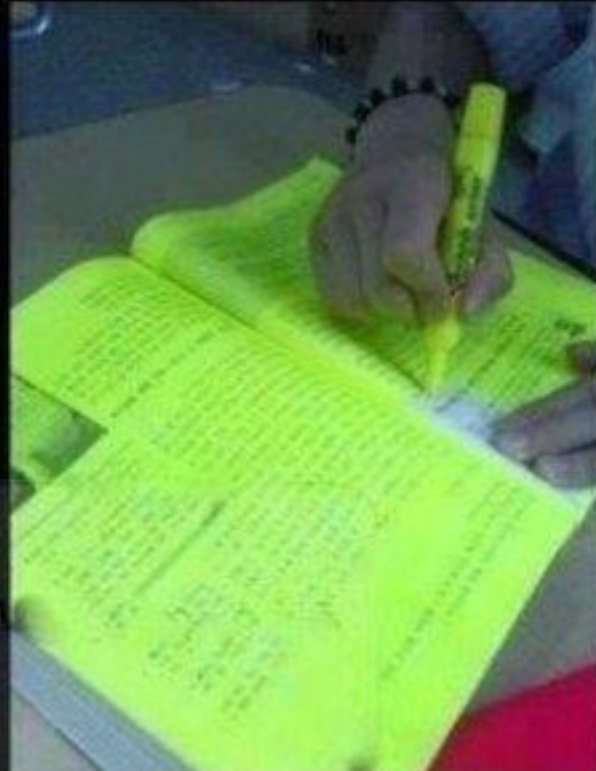
Emergency
T 000
ANU Security
T +61 2 6125 2249 (Press 1 for Emergency)

Summarising and note-taking...

Expectation



Reality



Self Care

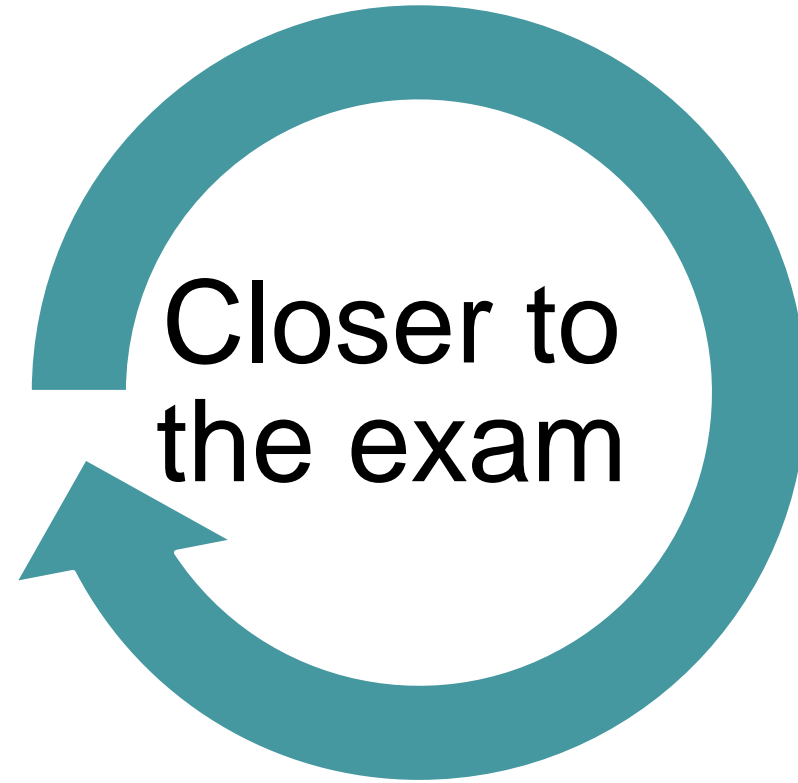
The Healthy Mind Platter



The Healthy Mind Platter for Optimal Brain Matter

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Exam study schedule



Australian
National
University

WEEKLY PLANNER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
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6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							

TIME BUDGET: Yellow zone (must do): 40 hours Orange zone (would like to do): 42.5 hours Green zone (study blocks): 22.5

ACADEMIC SKILLS & LEARNING CENTRE



Revision
technique

The diagram consists of two large, stylized arrows pointing towards each other. The left arrow is yellow and contains the text 'Revision technique'. The right arrow is blue and contains the text 'Exam type'. The arrows are positioned such that their points are close to each other, creating a central space.

Exam type

What is a successful revision activity you have used in the past?

Practicing

- Library website – limited number of past exam papers:
 - <http://anulib.anu.edu.au/collections/past-exam-papers>
- Course textbook practice questions
- Library textbooks
- Create your own
 - <https://quizlet.com/>
- Form peer study groups to quiz and support each other's learning

Make an exam plan

Based on what you know about the exam:

- Allocate approximate time for each section/question
- Order to answer
- Consider your plan of attack for each question type
- Allow reading and planning time

Sample plan for 3 hour exam

question type	value	total time	approx. time per question
30 multiple choice	30%	45 mins	1½ mins
10 short answer	30%	50 mins	5 mins
1 essay	40%	65 mins	-
<i>Time to review answers</i>	-	<i>20 mins</i>	-



**My first reaction
when I see
the question paper**

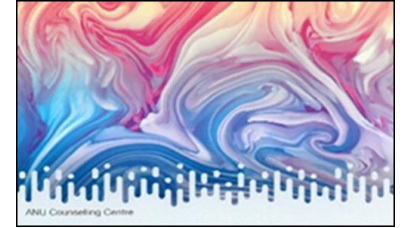
Be flexible with your plan – in case of nasty surprises!

What approaches have you used to complete exams in the past?



Wrangling Exam Anxiety

This group will teach you how to recognise useful anxiety and how to "wrangle" the unhelpful; enhancing your optimal performance during exams:



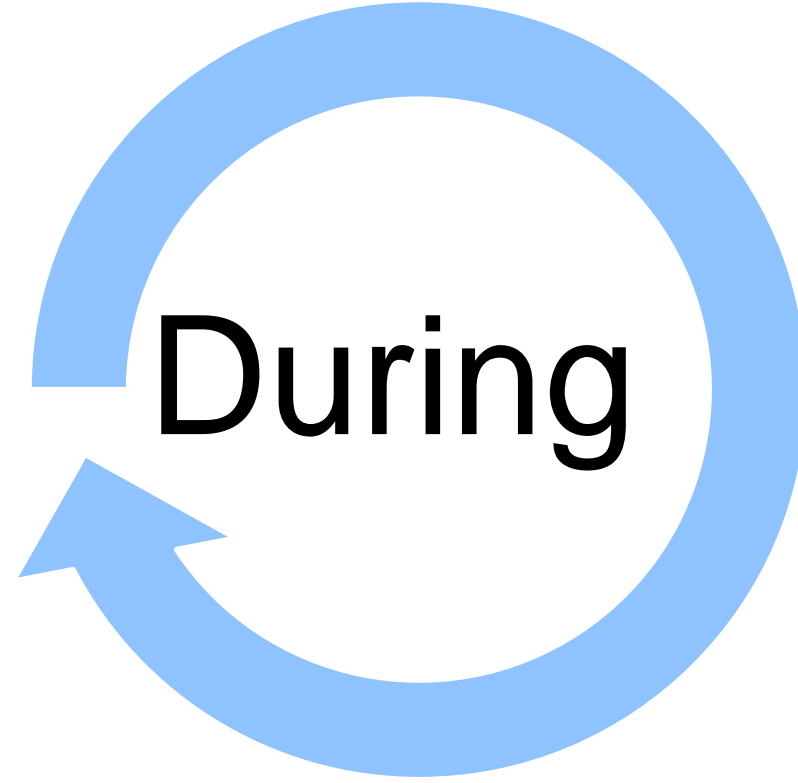
Date: Tuesday 28 April 12.30-1.30pm

- Location: ANU Counselling Level 3 Training Room Health and Wellbeing Building 156 Kambri.
- Presented by Carol Beynon.
- Register online:
<https://www.anu.edu.au/students/health-safety-wellbeing/counselling/anu-counselling/group-programs-and-workshops>

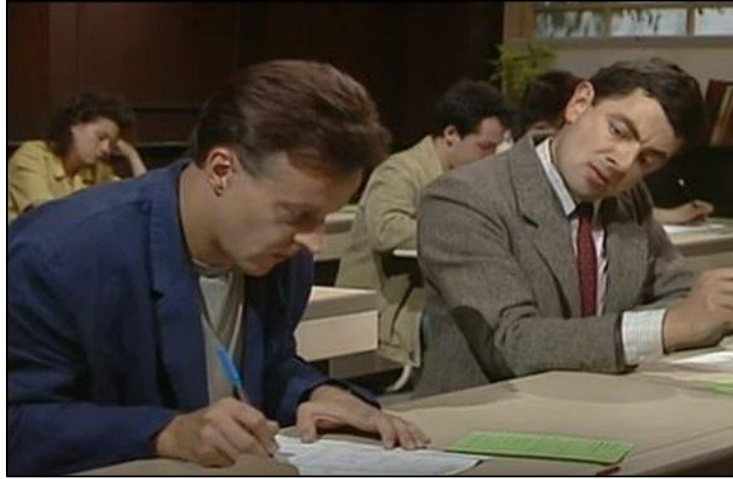


On exam day: go in prepared

- Review checklist of things to bring
- Arrive with time to spare



What not to do!



- Answer: All of the above

What to do!

- Answer every question
- Ensure every answer is on point
- Use all the time allocated

Read carefully and stick to the question

- **Sample short answer question (Archaeology):**
- You are interested in excavating a shell midden in South Australia. Who might you need to consult before you could implement such a task. Why?

Describe
shell
midden

Where
South
Australia?

How to
excavate
shell
midden

Why
them?

Why
South
Australia?

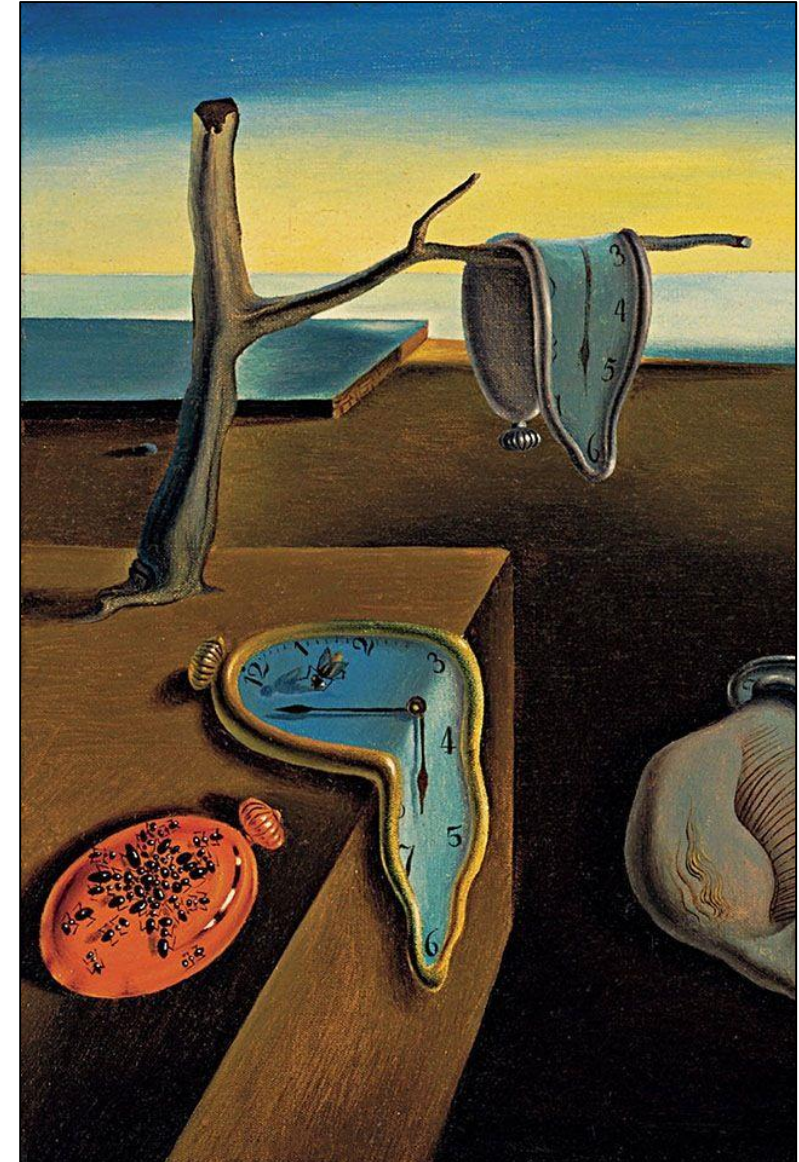
Why
excavate
shell
midden?

Who to
consult?

Using your time

Be strategic and use your time effectively:

- Which order will you answer the questions in?
- How will you deal with questions you don't know?



From: <https://www.pinterest.com.au/pin/375980268867328906/>

During the exam

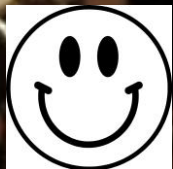
- The **three pass** method
 - Which answers do you know? – 1st pass
 - Which do you think you *might* know? – 2nd pass
 - Which are you completely unsure of? – 3rd pass

During the exam

- If you run out of time, make notes for any incomplete answers



From: <https://www.amazon.com/Safety-Last-Criterion-Collection-Blu-ray/dp/B00BX49C3S>





Reflection

- How useful were your notes?
- Did you use the best revision strategy?
- Was your exam plan successful?
- What was your worst experience and what did you learn from that?

THE FEELING WHEN YOU HAVE



FINISHED ALL YOUR EXAMS

makeameme.org

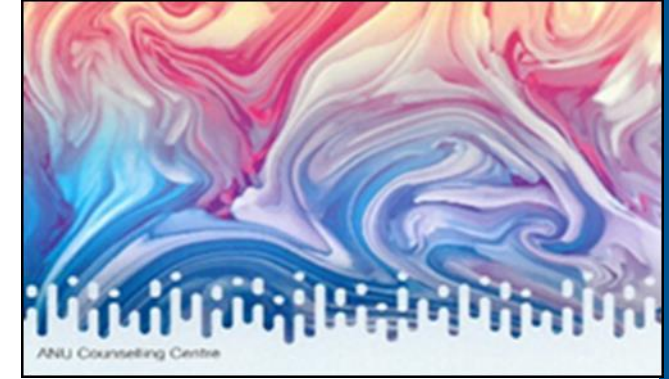


ANU Counselling

- **Free Counselling Sessions**
- **No referral required**
- **Confidential**
- **Professional**
- **Same Day Appointments – every week day**
- **Group programs**
- **Web resources**

To make an appointment:

- **T: 02 6178055**
- **Level 3, Health and Wellbeing Building 156, Kambri – next to Club Lime**
- **Opening hours –please check our webpage**
- **General enquires -E: counselling.centre@anu.edu.au**
- <http://www.anu.edu.au/students/contacts/counselling-centre>



ANU Counselling

Groups:

Everyday Mindfulness

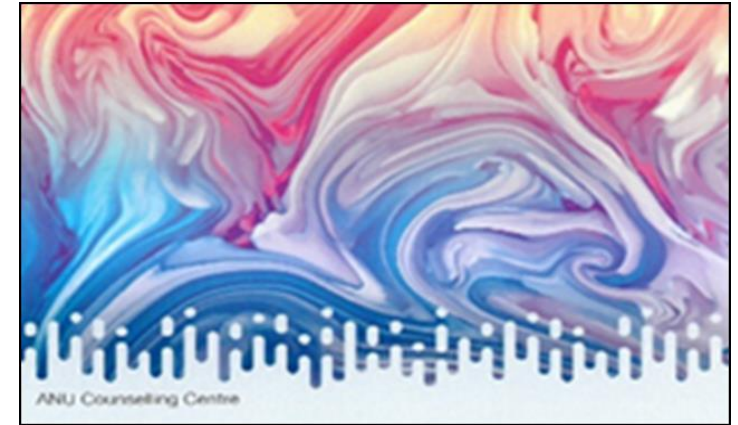
(this is a 4 week course)

Managing Worry

Procrastination and Motivation

More information or registration visit:

<https://www.anu.edu.au/students/health-safety-wellbeing/counselling/anu-counselling/group-programs-and-workshops>



ANU Crisis Support Line – after hours support



Phone (voice calls only): **1300 050 327**

SMS Text message service: **0488 884 170**

ACADEMIC SKILLS WRITING CENTRE

**We're here
for you
throughout
your
degree.**



PEER WRITERS

10-15 minute
drop ins



WRITING COACHES

30 minute
booked
appointments



LEARNING ADVISERS

45 minute
booked
appointments



LET'S SPEAK ENGLISH!

Join fun conversation
groups, make new friends
and meet local students! All
ANU students welcome.

Weeks 1-12

Marie Reay Teaching
Centre



1-2pm Mon-Fri
Room 5.02



5-6pm Mon
Room 5.05



ANU
ACADEMIC
SKILLS

anu.edu.au/english

