



## Study Tip # 37: Daily Exam Preparation Schedules

What's the best way to approach exam preparations each day?

Your approach depends on whether it's a school day and if you've completed your SACs. Here are some suggestions for both scenarios for you to integrate into your daily schedules.

### School Days (1 to 2 Exam Preparation Sessions)

- Firstly, make sure that all homework has been completed so you don't fall behind in class, and importantly, so you don't get overwhelmed with the volume of work that needs to be addressed in your exam preparation sessions. This may mean that you give up your free periods at school as well as a few lunch times. Take advantage of every spare moment as it arises.
- Put aside 3 hours each school night for study related purposes. For example:
- Structure your homework sessions and exam preparation sessions in 90 minute blocks separated by a 30 minute break. Work for 40 minutes, take a 10 minute break and follow that up with another 40 minute study session i.e.

**40 minutes study = 10 minutes break – 40 minutes study – 30 minutes break – REPEAT**

- Alternatively, use a modified version of the Pomodoro Technique:

**25 minutes study – 5 minutes break – 25 minutes study – 5 minutes break – 25 minutes study – 30 minute break REPEAT**

- If necessary, use the first 90 minute session to complete homework. Use the second session for exam preparation.

### Suggested Schedule:

#### Morning/Travelling to School/Spare Moments:

Read flash cards  
Learn formulae & definitions  
Review notes/read through textbooks

These activities can easily be conducted while travelling to and from school, when exercising or waiting, and even when taking a bath!

**Free Periods:** Homework  
Practise exam questions

**After School:** Don't start on exam preparations until all homework has been completed for the day.

Eat a snack (choose low glycaemic foods to keep energy levels constant).

Take a shower and change out of your school uniform. This will refresh and energise you.

**5pm – 6.30pm:** Exam Preparation Session 1 OR Complete homework.

**7pm – 8.30pm:** Exam Preparation Session 2 OR Complete homework.

Spend any additional time dedicated to study to working through past VCAA exam questions.

## Non School Days (5 Exam Preparation Sessions)

- Put aside 7.5 hours each day for study related purposes i.e. Schedule five 90 minute study sessions across the day.
- Don't start on exam preparations until all homework has been completed for the day.

### Suggested Schedule:

The following schedule is based on the times when students usually display peak concentration. The breaks coincide with the times when energy and concentration levels are low (2pm to 4pm). If your circadian rhythm is different, you'll need to adjust the suggested times.

**8.30am – 2pm:** 1.5 hour exam preparation session  
30 minute break  
1.5 hour exam preparation session  
30 minute break  
1.5 hour exam preparation session

**2pm – 4pm:** Break  
30 minute nap or quiet time  
Shower and change clothes if you're feeling tired or demotivated.

**4pm – 7.30pm:** 1.5 hour exam preparation session  
30 minute break  
1.5 hour exam preparation session

Spend any additional time dedicated to study to working through past VCAA exam questions.

### The Week Before the First Exam:

Spend the majority of time preparing for the first week's exams.

### Once the Exams Commence:

Spend the majority of time working through examination-style questions, learning the remaining topics as well as revising difficult sections of the course.

Regards,  
TSFX