

EXAM DAY GUIDE

A successful exam day starts before you enter the classroom. Use these strategies to prepare yourself, manage stress, and create the conditions to succeed.

Before You Leave

Confirm the exam time and location, plan to arrive 10–15 minutes early, and bring everything you'll need, such as your student ID, writing utensils, calculator (if permitted), and any required testing materials. Get a good night's sleep, eat before the exam, and stay hydrated so you can perform at your best.

Just Before the Exam

Take a moment to reset by relaxing your shoulders and taking a few slow, deep breaths. Remind yourself that your goal is to demonstrate what you know—not to be perfect.

During the Exam

Read the directions carefully and pace yourself. If you get stuck, pause, skip the question if needed, and return to it later. Avoid comparing yourself to other students, as everyone works at a different pace.

Before You Turn It In

Review your exam for unanswered questions or simple mistakes, and make sure you've completed any required information before submitting it.

After the Exam

Instead of comparing answers with classmates, reflect on what went well and what you could do differently next time. Every exam is an opportunity to improve your study strategies and continue growing as a learner.



Active Learning
UNIVERSITY OF GEORGIA