

# Tutorial Services:

# Surviving Exam Week



**MONTGOMERY**  
COUNTY COMMUNITY COLLEGE

## SCHEDULE

- Start early by preparing a general schedule of each exam and how much time you need to study.
- Allow large blocks of time to get basic concepts and relationships.
- Allow short periods for review. Even a few minutes in the shower will help.
- Schedule breaks – 55-60 minutes of study then 5-10 minute break.
- Stay with your regular sleeping and eating routine.

## DEALING WITH TENSION

Take time to relax.

Adopt a positive approach.

Stay away from people who are highly anxious.

Plan rewards.

## THE NIGHT BEFORE

Calmly review.

Get a healthy amount of sleep.

Don't cram – review key concepts.

## TAKE CARE OF YOURSELF

Modify the use of stimulants like coffee, tea and soda; too much can cause jitters and disrupt sleep.

