Exam Techniques Wiser Academy



For better results

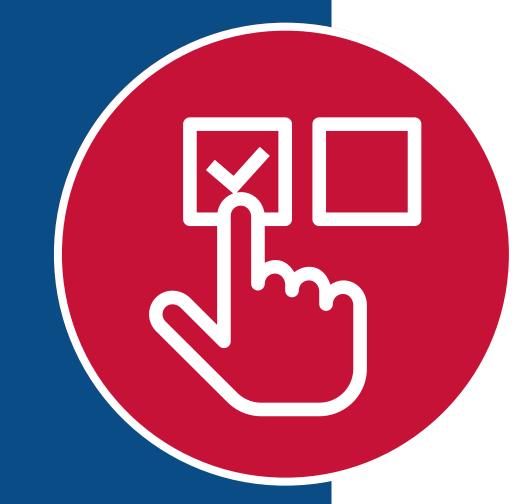


Maintain answer consistency

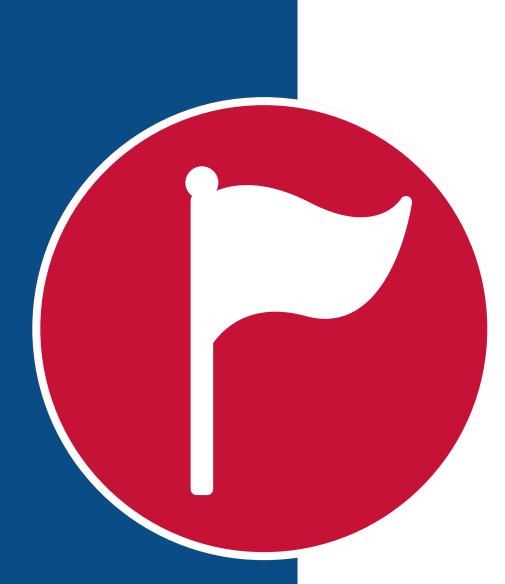
It is advisable not to change your answer unless you are extremely confident, bearing in mind that even in such cases, there is still a possibility of being mistaken.

Effective approach to answer selection

• Identify one option as an obviously incorrect choice.



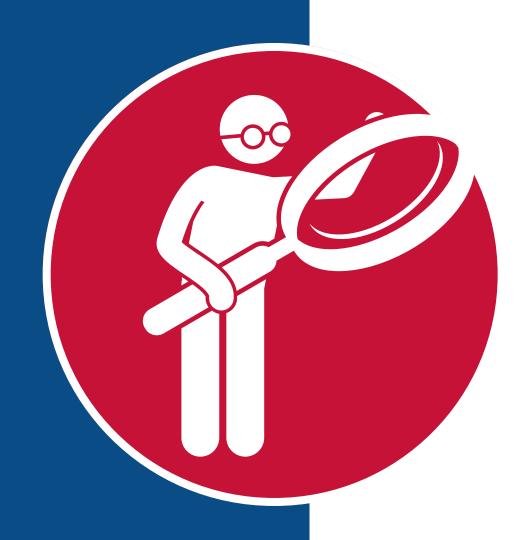
- Eliminate another option based on your knowledge and understanding of the subject matter.
- Evaluate the remaining two options carefully.
- Without looking at the options, attempt to answer the question first and then check if your can locate the answer in any of the provided options.



Utilise flagging technique and continue

- Mark questions for later review and proceed with the rest of the exam.
- Additional questions may offer hints or provide clarification for the flagged question.

Thoroughly read and analyse each question



- Pay attention to questions that ask for the negative (e.g., "What is NOT...").
- Consider all available options and select multiple correct answers if instructed to do so.
- Look for keywords such as "AND" or "OR" in the question, as they may affect the answer.
- Utilise any highlighting tools provided, if available.

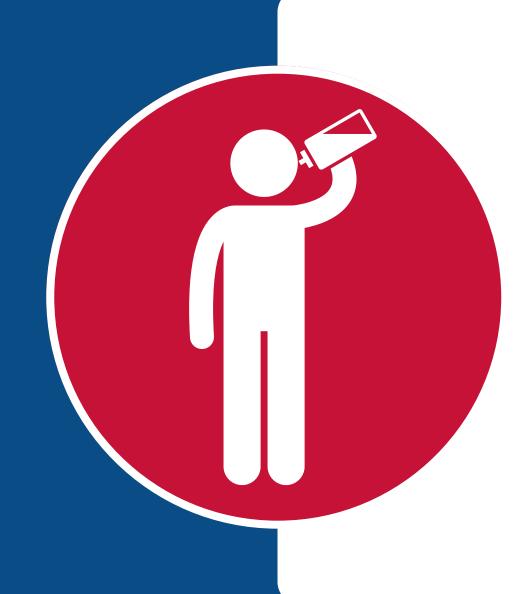
Before the exam Wiser & Academy





Ensure sufficient rest

Prioritise obtaining a full night's sleep before the exam to promote optimal cognitive functioning and maintain mental alertness during the assessment.

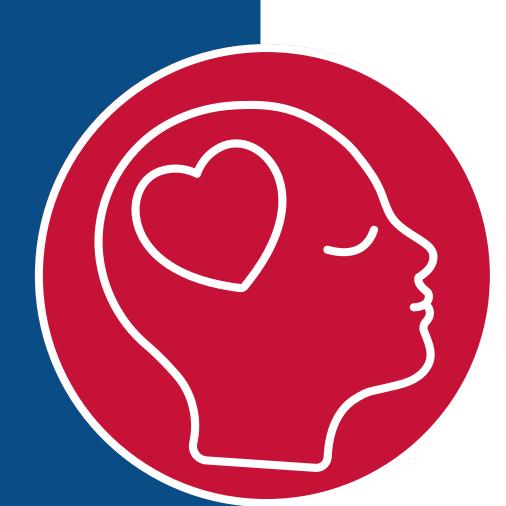


Stay hydrated

Prioritise hydration by consuming an adequate amount of water, avoiding energy drinks which may cause unnecessary stimulation and potential negative effects on concentration.

Allow ample break time

Cease revising material at least one hour before the exam, utilising this period for activities aimed at relaxation and mental rejuvenation.



• Take a leisurely walk enjoying fresh air



• Listening to music



• Engaging in calm reading of unrelated material



Other suitable method of relaxation such as watching television



Relaxation techniques

Approximately ten minutes before sitting for the exam, engage in deep breathing exercises to enhance oxygenation of the brain, promoting a state of calmness and mental clarity essential for optimal performance.