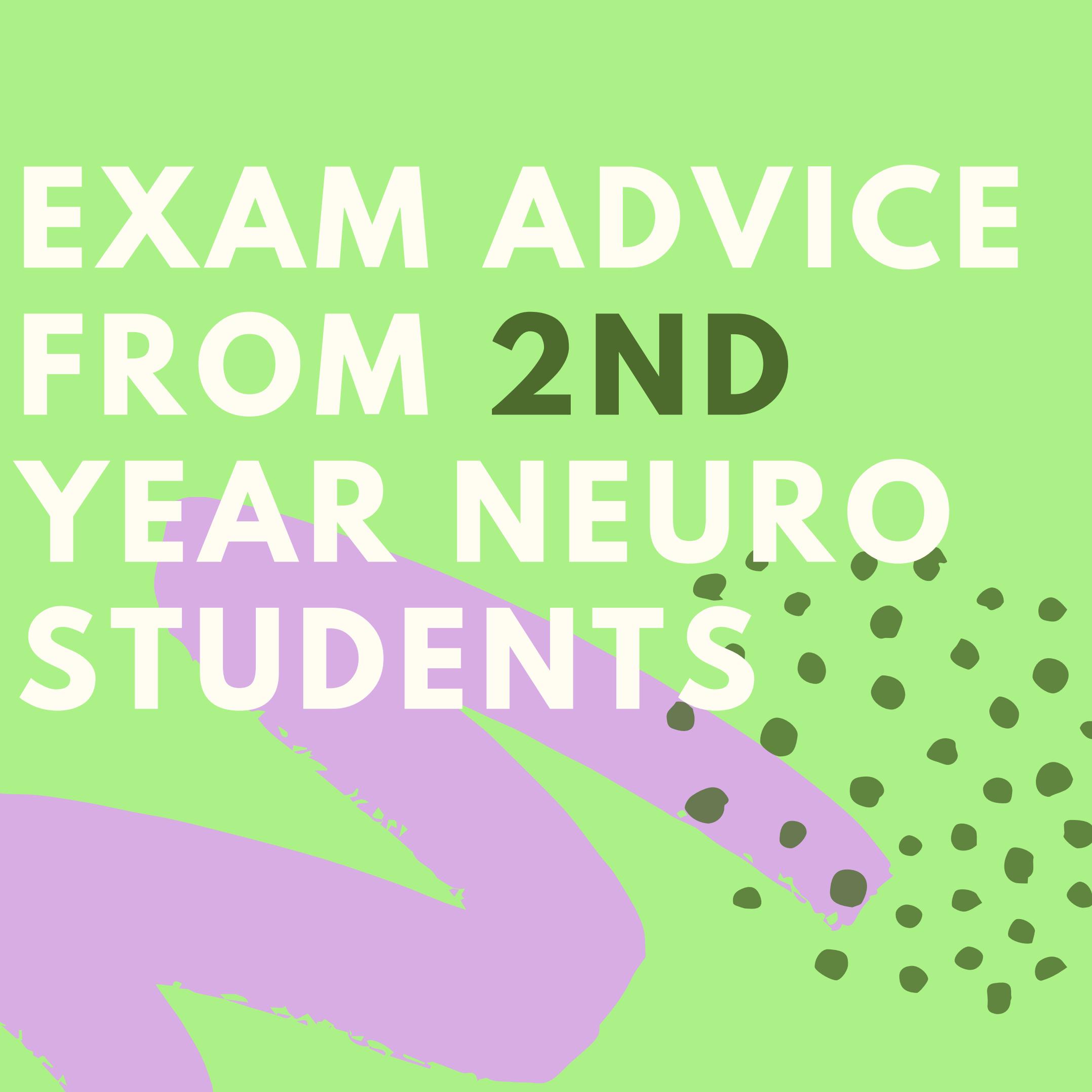


EXAM ADVICE
FROM **2ND**
YEAR NEURO
STUDENTS

The background is a vibrant lime green. It features several overlapping, organic purple shapes that resemble torn paper or brushstrokes. In the lower right quadrant, there is a pattern of small, solid black dots scattered across the green background.

I found it super helpful to go over old BIOL 1010 labs by answering the questions in my head then comparing it to the answers I actually submitted.

It was a quick and easy way to refresh my memory and test my understanding!

I can find it helpful to move to a different desk in the library if I start to lose motivation. It feels like a fresh start to studying and is a handy trick during finals!

- Alex Kotzeff

Listen to cliché advice. It's cliché for a reason, because it actually works.

Make time for yourself/intentional procrastination, but make sure the procrastination is productive! For example, reading, journaling, going to the gym, eating, showering, walking your pet/yourself

Something I personally do, schedule all your exams on a calendar, but schedule them as one day in advance. You will forget and then be prepared one day in advance 'unintentionally' which will provide more time if you decide to keep things until last minute

Good places to go to study: Chev, Tupper, Weldon law building, Cafes, LSC, and Classrooms

If you have multiple things to study, do not complete things serially (studying one thing until you're burnt out and then moving to the next thing). Study part of one thing/complete part of one assignment, then stop after you've completed a section, 4 paragraphs, 2 problems etc. The reason why, is so that you go into the next part of your session with success and momentum, rather than burnout and remnant thoughts of the thing you could not or barely completed

Start with an easier task, and end with an easier task. Starting with an easy thing builds a beautiful momentum, ending with an easy thing ends on a good note

Do all work by hand. Doing things by hand will force you to be efficient and thoughtful about things you put down

Stay positive. Positivity is proven to produce significant outcomes in a variety of tasks requiring effort

- Paul Jean

**A looped white noise track can
help block out those people
"whispering" in the library.**

- Kativa