

# Exam Week Survival Guide

Lovingly prepared by **Peer Mentoring Services**

## At the beginning of exam week...

- Establish a plan for the week. Allow time to write specific papers and study for specific exams. Set internal deadlines: promise yourself to complete assignments by certain times and take exams in specific time slots.
- Be sure to check the exam schedule to see when self-scheduled exams are offered. Different days have different schedules, and Haverford and Bryn Mawr have different options. If you're unsure whether your exam is at Haverford or Bryn Mawr, email your professor.
  - [http://www.brynmawr.edu/registrar/documents/self\\_exam\\_times112211.pdf](http://www.brynmawr.edu/registrar/documents/self_exam_times112211.pdf)
  - <http://www.haverford.edu/registrar/files/exam-schedule.pdf>
- When scheduling your time, think about your test-taking habits and preferences: When is your energy highest? Do you like to study right before a test or wake up in the morning and take it?

## During exam week...

- Focus on one thing at a time
- Pay attention to health/wellness. Maintain a normal sleep schedule and eat regular meals. If you feel too busy to visit the dining hall for every meal, you can get takeout to make sure you have something to eat later. BUT keep in mind that stepping out of the dorm or library for a few minutes will actually help your focus!
- Treat each semester's exam week a little differently. Don't assume that the schedule you used in the past is necessarily still the best for you. The work you have might be very different in quantity and type. Study habits, test-taking preferences, and sleep needs can also change over time, so re-evaluate these.

## Going home...

- Make travel plans ahead of time
- Allow time for packing
- Leave enough time to get to the airport or train station.
- Be prepared for weather delays when traveling in the winter
- Keep necessities in your carry-on bag
- Keep an eye out for info about closing routines (your HA will notify you of these).

Don't forget to use your **resources!** Your **professors** are available for office hours, by appointment, and via email. You can also make an appointment with your **Dean** or **the Academic Support and Learning Resources Specialist** at 610-526-5375.