

Exam Survival Checklist

Step 1: Make a Plan

- ☐ Write exam dates into a calendar
- ☐ Include extracurricular activities, tutoring sessions, special events, etc.
- ☐ Break down topics into manageable chunks
- ☐ Add study blocks (no more than 30 minutes)
- ☐ Schedule breaks



Step 2: Create a Study Aid

- ☐ Gather class notes, textbooks, and other materials
- ☐ Review one concept at a time
- ☐ Organize key information on flashcards, graphic organizers, timelines, etc.
- ☐ Include keywords, definitions, important dates, formulas, and diagrams, where necessary
- ☐ Use colour to highlight important details



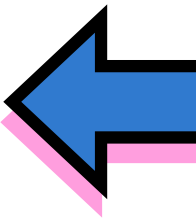
Step 3: Practise, Practise, Practise!

- ☐ Use practice tests and exercises given by your teacher
- ☐ Use Alloprof exercises
- ☐ Create your own! Use Alloprof's Help Zone to find questions that other students have asked
- ☐ Read our article: [Study Smarter : Fun Techniques for Your Next Test!](#) for more tips.



REMEMBER TO:

- Eat well
- Sleep
- Hydrate



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Head to alloprof.ca/en for more resources
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