

TIPS

FOR FINAL EXAMS AT MCMASTER

Adapted from "[Tips for surviving university exams](#)".

#1

Be prepared for the exam time!



- Check your 'My Exam Schedule' tile in Mosaic for your individual exam schedule.
- Put exam dates, times, and details in your calendar with reminders.
- Arrive at your exam location at least 15 minutes before the start of your exam time.
- Bring all necessary writing tools and any aids specified/approved by your instructor.

#2

Study to make learning stick.



- Plan ahead and give yourself time to cover the exam materials.
- Use study methods rooted in the science of learning, like testing yourself (i.e., retrieval practice).
- Distribute learning across multiple study sessions, instead of "cramming" in one session.
- Reach out to your instructional team for study help at least a few days before the exam.

#3

Sleep and self-care are critical!



- Get plenty of rest. It's hard to recall what you've studied when you're short on sleep.
- Avoid trading sleep for a little bit more study time. Staying up all night before an exam is likely to do you more harm than good.
- Take frequent study breaks. Stretch, get some water and step away from your screens. Short breaks will help your study sessions be more effective.

#4

Seek support when you need it.



- Contact McMaster Student Wellness if you are feeling overwhelmed and need access to mental health resources.
- Contact Good2Talk, a free, confidential helpline available 24/7/365 exclusively for post-secondary students ages 17–24.
- Check your faculty's deferred exam process if you miss an exam due to medical or personal reasons.