

## Resources for Exam Preparation

### Chapman Learning Commons



### How to Prepare For Exams

#### 1. Create A Study Plan

- The Chapman Learning Commons' Toolkits about [Preparing for Exams](#) and [Preparing for Online Exams](#) can help you effectively plan for your exams.
- Enter your assignment due dates into the [Assignment Calculators](#) to help you plan your time, and learn more about [managing your time](#).
- In addition to scheduling times for studying, it is also necessary to take breaks so you can avoid burnout. Breaks can help you to think clearly and feel energized to take in materials.

#### 2. On A Time Crunch?

- The UBC Life [Blog](#) has some tips for you to maximize your studying when you have a limited amount of time. The key here to study in a time crunch is to prepare your study environment as though it's exam day and to practice multiple times.

### Stress Management

#### 1. [UBC Wellness Centre](#)

- Exam season can be stressful. Drop by the [UBC Wellness Centre](#)'s virtual office to talk to a nurse or a Wellness Peer about stress management.

#### 2. Friends and Families

- Sometimes, just being able to talk about your feelings with someone can help you to reduce stress. Remember to schedule a time to have a break in your exam study schedule. You got this!

### Prepare for Online Exams

#### 1. Tips to Prepare for Online Exams

- With both classes and exams being delivered virtually, you might wonder how an online exam is different compared to an in-person exam.
- Chapman Learning Commons Assistant Tam wrote a very detailed blog to help you prepare for an online exam [here](#). She has shared tips on how to prepare your environment for an online exam and troubleshoot technical difficulties.

#### 2. Tech Support Before and During Exams

- Familiarize yourself with the software you are using for exams. Sign up for our [Online Exam Canvas course](#) to test out your software and avoid technical difficulties during your exams.
- The [Chapman Learning Commons](#) provides support with academics and technology (Canvas, Zoom etc.) over email and video chat [up to 1 hour before your exam](#). For tech troubleshooting during your exam, contact your instructors or the [Learning Technology Hub](#) to receive support.

