

HOW I TAKE EXAMS

Before the Exam

Meditation, typically I do this 10 minutes before the exam (5-10 min meditation), I use the Insight Timer app (free) for guided meditations

Beginning of the Exam

Brain dump on the paper the second it begins. Any helpful formulas, diagrams, key words and phrases I may need are scribbled down on the back of my exam. This is a great reference tool for later

During the Exam

- If I cannot figure out how to even start a problem within the first 20-30 seconds of reading it, I star the question and move on, coming back to it at the end
- NEVER second guess yourself. I've been in way too many senarios where I got the question wrong because I second guessed myself and changed the answer. Pick and answer and be confident in it.
- I never go back through the exam except to make sure I answered every question

Confidence is key!

Cliche, I know. However I find the mindset you have walking into an exam can greatly impact how you do. Regardless if you just studied the night before or are prepared weeks before, walk into that room telling yourself you are prepared and you know what to do. Having a negative attitude will just be a self-fuilling prophecy.