

FINAL EXAMS

JUNE 9, 2023 - JUNE 20, 2023

Lester B. Pearson High School 2022-2023

WHAT I NEED TO
DO TO **PREPARE**

WHAT I NEED TO BRING

- Student ID
- Pencil/pen
- Eraser
- Sharpener
- Highlighter
- Calculator
- Ruler
- Memory aid
- Snacks
- Water bottle
- Headsets for AT students
(no Bluetooth devices)



STUDY TIPS

DO NOT WAIT UNTIL THE LAST MINUTE

- Study a little bit each day
- Take breaks while studying.
- Create a study schedule of how much material you'll cover each day.

USE CLASS TIME EFFECTIVELY

- Pay attention in class.
- Ask questions.
- Attend tutorials.
- Keep an organized notebook for each subject.
- Review past tests and quizzes as examples.

KEEP A POSITIVE MIND AND BODY

- Avoid distractions such as your phone.
- Make sure to get a good night's rest.
- Eat healthy food to fuel your brain.
- Positive self talk.

REMEMBER:

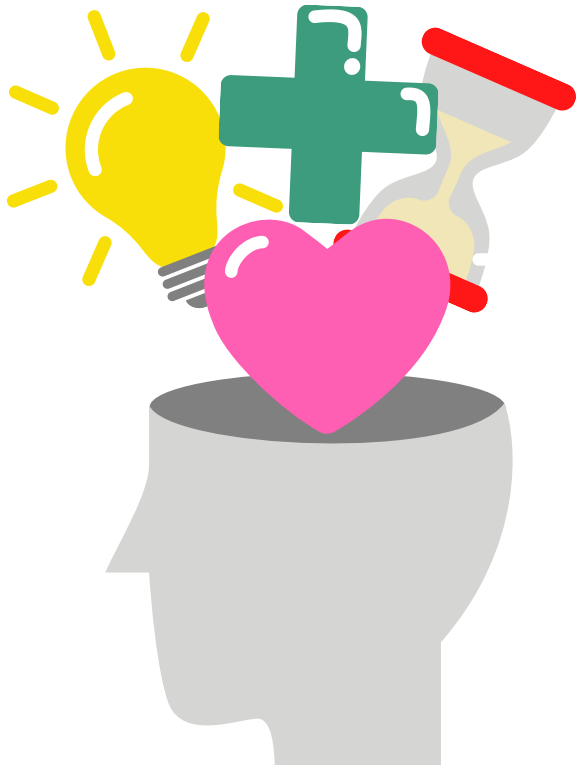
- The **cafeteria** will be **closed** during exams. Bring a snack and water bottle to stay hydrated and keep your brain fueled.
- Do not arrive **late** for your exam. Arrive at least 15 minutes prior to your exam.
- Check your **exam schedule** to know which **room** you are in.
- Go to **washroom before** your exam. Leaving the exam room will be kept to a minimum.

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TIPS FOR OVERCOMING EXAM ANXIETY



STAY POSITIVE

- Maintain a positive attitude.
- Acknowledge what you have done and that you are doing your best.
- After each test, reward yourself with a treat.

FOCUS ON YOUR BREATHING

- If you're feeling anxious during the test, relax because you're in control.
- Take slow and deep breaths.
- Breathe in and breathe out.

CONCENTRATE ON THE TASK

- Don't pay attention to what's going on in the room, focus on your exam.
- Read the directions of your exams carefully.
- Preview the test before you answer anything.

USE YOUR EXAM TIME WISELY

- Budget your time.
- If you go blank, skip the question and move on.
- Do the questions you know first and then go back to the ones you don't know.
- When you read a question, write down everything you know right away in relation to that question.
- Take little pauses in between your answers to process what you have done so far.
- Avoid leaving blank questions.
- Review all of your answers at the end.

Study Tips Kiosk

May 23rd

Lunchtime

Plaza

Mental Wellness Kiosk

Exam Days

8:00am and 12:00pm

Plaza