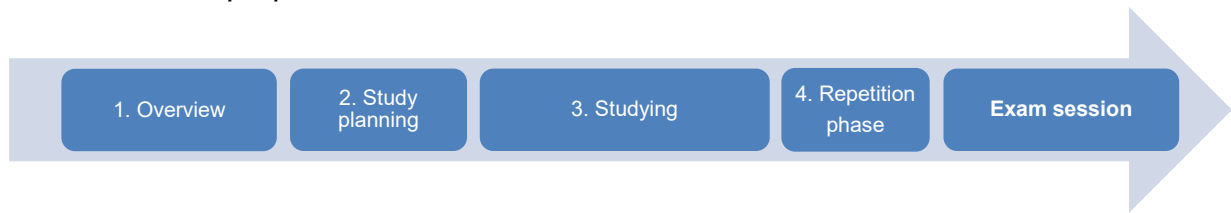


Checklist exam session

How to be well prepared for the exam session:



1. Overview

- I know my exam dates and the general conditions for the individual subjects (exam modes, permitted aids, etc.).
- I know how much any preliminary grades count.
- I check the completeness of my study materials.
- I get an overview of the study content for each subject.
- I identify the areas in which I still have knowledge gaps.
- I prepare exercise materials such as past first-year-exams, mock exams, or exercises.
- I am informed about support services (exam preparation courses, coaching, etc.).

2. Study planning

- I use my exam dates to calculate the total study time available to me (excluding holiday days, buffer times, etc.).
- I decide how much time I want to invest in each subject.
- I divide my time per subject into small study sessions and set realistic intermediate goals.
- I create a study planner with fixed study times per subject, to know when I study for each subject and when I have time off.
- I know at what time of day I study best and take this into account in my study planner.
- I know under what conditions I study best: alone or with others, at the ETH or at home etc.

3. Studying

- I stick to my study planner. I will adjust it if necessary.
- I create a summary of the essential theories.
- While studying I focus on solving exercises, series, and past exams on my own - if needed, I review the corresponding theory.
- I seek occasional exchange with other students.
- I avoid any distractions during studying. (smartphone, internet, TV, etc.)
- I take regular study breaks and relax. (music, movement etc.).
- I maintain a balanced diet and have enough sleep.
- I reward myself for achieving intermediate goals.

4. Repetition phase

- I solve past exams again, but under time pressure and during the same time of day that the subject will be tested.
- I make sure I get enough sleep, maintain a healthy diet and find balance, especially right before the exams.
- I stick to my study routine and avoid "24-hour study marathons" and "all-nighters" right before the exam.
- I work out a strategy for how I will approach the individual tasks in the exam. E.g.: Keep calm and get an overview first, then tackle easier tasks that I can solve, to secure points. Then look at harder tasks.

Contact

Do you need support before or during your study phase? Do you have any questions?
Then contact the Consulting & Coaching Centre: ethz.ch/students/en/advice