



# EXAM

## TIPS AND TRICKS

EXAM EDITION

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Rev up your mental engines for your final lap  
of the semester!

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# Rev up your mental engines for your final lap of the semester!

By **Masabata Mosoou**

With predicate day around the corner, panic may be rearing its ugly head ...but so too is success. Many of you have given it your all—securing, admission into exams; but now it's time to learn your ABC's: A (apply) B (bum) to C (chair). Kick into high gear to make sure you bag that 'pass' on your record like a champ! As always, the Central Advising office will be cheering you on and have packaged tips to help ease you through exam season.

- Manage your academics by re-shuffling your schedule. With some lectures wrapping up the for semester, it may seem like you have more time than usual, but you don't. Consider keeping to your schedule by engaging in module content as per your lecture times and days.
- Take care of yourself by eating clean, whenever possible and getting in enough time for sleep, 6-8 hours. Burning the midnight oil may seem doable but take our word for it, the after-effects are undesirable.
- Minimize distractions, choose to exercise instead. Releasing tension through physical activity helps boost memory and reduce stress. And no, we are not talking about lifting your remote control or cellphone up and down, get out there and get some fresh air.
- Stay calm and stay positive. Remember: "Trust yourself, you know more than you think" - Benjamin Spock



- And if all else fails, seek help! Sometimes you are panicking because something is unclear, or something is distracting you. Your CTL advisors and counsellors at SCD are here to help alleviate any negative self-talk, reduce uncertainty around information you may have heard and usher you over to the next semester unscathed.

***From your Central Academic Advising team - Good luck with your exams. You've got this, Kovsie!***

“

*“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.” – Edson Arantes do Nascimento – Pelé*

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**YOUR  
OPINION  
MATTERS**

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# HELP STARTS HERE

Call the UFS Student Mental Health Careline at **0800 00 6363** or **text 43302**  
**24/7 | FREE | CONFIDENTIAL** for all registered UFS students.

**Your mental health matters  
and taking care of your mental  
health is like brushing teeth –  
you need to do it daily.**

The UFS Student Mental Health Careline is exclusively available to all UFS students. A mental health professional is awaiting your call and the Careline is available 24/7, at no cost, and all calls are confidential.

**Don't wait – invest in your mental health today!**

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# Graduation Positioning Support


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has trained Success Coaches on call waiting to assist you

Student Support Services we offer:



Call: +27 51 401 9111 (option 2)

 087 240 6370

Email: [GPS@ufs.ac.za](mailto:GPS@ufs.ac.za)

Having **airtime issues**? Leave a missed call and one of our **SUCCESS COACHES** will call you back.  
Working hours: 08:00-17:00 (Weekdays)

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