

What Gets You Through the Examination Period???

Personal Tips from Your Friendly FASS Lecturers

Dr Ang Wan-Ling Susan (English Language & Literature)

"What you don't know at 9 pm the night before the exam you are not likely to master before midnight, in which case, sleep - one is better served by a rested/alert mind when facing the exams than some half-digested facts/ideas."

Associate Professor Bruce Lockhart (History)

"Don't be a hermit; study groups are useful and fun!"

Mrs Chen Ingu (German Language, Centre for Language Studies)

- ❖ *(Regular) exercise does help ease one's anxiety and tension.*
- ❖ *Lie down, clear your mind and focus only on your breathing. It is fine if you could fall asleep!*
- ❖ *To manage the time wisely and effectively.*

Dr Daniel PS Goh (Sociology)

"Don't just colour your readings with highlighter ink, write a one-page summary and critical reflection in your own words for each reading to master it, as we remember our own words better than the words of others."

Associate Professor Eddie Tong (Psychology)

"Think of the bigger picture, know that whatever you are facing will pass, and try not to take things too seriously."

Dr Esther Goh Chor Leng (Social Work)

"The rhythm of Bossa Nova Jazz loosens up my tensed mind and injects a sense of lightness after a day of heavy mental work."

Dr Hoof Ingrid (Communications and New Media)

"Do not cut back on your normal hours of sleep during exam period! Lack of sleep will cause lack of concentration and difficulties with memory."

Dr John Paul Dimoia (History)

"Listening to the Rolling Stones, "Exile on Main Street," Side Two (1972, on the original vinyl if possible, much better than digital copy) gets me through just about anything. I highly recommend it."

Dr Lim Wee Hun Stephen (Psychology)

"No matter the impending challenges, keep your aspirations alive."





Associate Professor Michael Walsh Peiczar (Philosophy)

“The essence of learning is repetition. The essence of learning is repetition.”

Associate Professor Paulin Tay Straughan (Sociology)

“Start revision early. Eat well and sleep well during the exam period - no good will come out of burning the midnight oil before an important final!”



Associate Professor Sun Sun Lim (Communications and New Media)

“Always keep up with current affairs, even during exam time – it serves as great material for applying the social science theories that you learn and also reminds you that there is more to life than exams!”

Associate Professor Teofilo C Daquila (Southeast Asian Studies)

“Too many articles to read? Browse the article, identify and know the main issue, is there a relevant theory/concept, understand the connection in your own words, and determine whether there is some real world application especially in your own country/region.”



Associate Professor Simon Andrew Avenell (Japanese Studies)

- ❖ On revising for exams: “Be aware of” and “Beware” the enemy that is procrastination! Also, reward yourself for hard work.
- ❖ On writing good exam answers (especially essays): Read the question then make an outline or map before you start writing your answer.

Associate Professor T.C. Chang (Geography)

“During the semester, make good notes of your readings and lecture handouts (in the form of mind maps and concise summaries, and all in your own ‘language’. If there are too many readings, do this with a group of friends). During revision period, attempt past year exam questions as this ensures you will be mentally prepared for what is to come.”

Dr Yoshinori Nishizaki (Political Science)

“Look for the forest rather than the trees first. But the trees are important, too; without them, there wouldn't be a forest. The message I want to convey is that students need to get the broad conceptual or theoretical arguments first, but they also need to pay attention to empirical details that support or illustrate those broad arguments. Simply put, students need to maintain a good (and difficult) balance between theory and evidence. As for a one-liner advice for reducing the (over)stress that students may be feeling, I would say: ‘If you do well on the exam, good for you. If you don't, what the heck? There is much more to your long life than just exams!’”

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