Your Guide to Healthy Exams

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The Importance of Water

• Drink plenty of water while you study and on exam days.
• Often fatigue and mild headaches are a sign that you are becoming dehydrated.
• If you don’t consume enough water, your output of energy will drop.
• Carry a water bottle with you and drink periodically throughout the day.
Coffee Facts

• We know excess coffee is bad, but some students rely on it while studying for exams.

• Coffee stimulates the nervous system. It helps to relieve mental as well as muscular fatigue. It increases alertness and also boosts energy levels. But of course all these benefits are when you don’t go overboard.

• Tea is a great coffee alternative. Tea promotes blood circulation, is a healthier option, and a better stimulant.
The Importance of Sleep

• A 10 hour study marathon will only wear you out. You’ll learn more if your study periods are short, frequent and include regular breaks.

• You need at least five hours of sleep a night to function. Final exams are designed to make you think. If you are sleep deprived, you will not be able to comprehend or answer the challenging questions you will face.

• A good night of rest before a test or exam is important. It allows your brain to rest and recharge. Do not plan to stay awake through the night to study before your exams.
The Importance of Sleep (cont’d)

- If you are not able to fall asleep when you want to, try some of these strategies to relax: have a warm shower or bath, drink a glass of milk or a non-caffeinated beverage, or try listening to relaxing music. Reading something boring may also help.
The Importance of Diet

• Eat well to take care of yourself during your exam week(s).
• Eating before you study and take tests or write exams helps you focus.
• Certain foods can also help relieve stress. Healthy snacks like fruits, veggies are recommended as stress reducers.
• Avoid foods with high sugars, grease, junk foods and carbonated drinks as they can aggravate your stress levels.
Your Immune System

• When your body is under stress, it releases hormones that suppressed the immune system and you are less able to fight off viruses.

• De-stressing is important for your physical as well as mental well-being.

• Be sure to take time out for some fun everyday. Having a good laugh is a great way to de-stress.

• Have a set hour of leisure time everyday. Do not use this time to watch TV or play video games. Avoid activity that strains your eyes as they need to rest too.
Your Immune System (cont’d)

• Go out and play, take a walk, go meet a friend in the neighbourhood, do some yoga, meditation, anything you like – some outdoor activity is best.

• If inside – listen to music, or if nothing else take a shower.
Studying and Exam Prep Secrets

Set Goals
"Studying" for 2 hours means nothing; instead, try a goal like "write 300 words".

Aim to Understand
Looking for concepts and arguments will allow you to remember MORE than if you just study facts.

Do the Hard Stuff First
This will mean that as your exam gets nearer, your studying will get easier.

Don't Cram
Studies show that pulling an all nighter actually reduces a student's grade.

Get Rest, Stay Healthy
Get plenty of rest and eat healthy foods for sustained energy.
Resources

• Science Daily website, http://www.sciencedaily.com/releases/2012/11/121121145400.htm

• University of Windsor website, http://www1.uwindsor.ca/nutrition/2012-10-23/healthy-eating-tips-for-exams

• Wilfred Laurier University website, http://www.thecord.ca/talking-mental-health-self-care-during-exams/

• BBC International website, http://www.bbcgoodfood.com/howto/guide/eating-exams