

Tip Sheet

Surviving the IB Exams (It Can Be Done)

1. Prepare an exam writing kit that you can bring to each exam. Do not pack it full of all your text books. It should have:
 - a. TWO pencils - HB's are best.
 - b. TWO pens - blue or black. Stay away from "fun" colours like hot pink or light blue. You want to make it easy for the marker, not difficult. Besides, they are not accepted by IB.
 - c. A good eraser. Do not bring 'white out' in any form. IB does not accept it.
 - d. Your TI calculator and a spare set of batteries. A backup simple calculator is also a good idea
 - e. A good metric ruler.
 - f. A highlighter for marking key passages on the exam booklet, not on your answer sheet.
 - g. A box of kleenex.
 - h. A water bottle. You are not supposed to bring food into the exam, but water to sip is acceptable.
 - i. Your good luck teddy, toy, key chain, etc. Hey, it can't hurt.
2. Finish your serious studying 24 hours before you are scheduled to write a particular exam. Research has shown that last minute cramming is not retained when you go in to write. IB exams test your ability to reason with what you have learned more than your ability to memorize. Studying with a buddy is an excellent idea.
3. Each day during the exam schedule, get some kind of exercise. Go for a walk, run, swim...get that metabolism going.
4. Try to get at least 8 hours sleep each day. (Stop laughing! It can be done.)
5. About half an hour before the exam, eat a light snack. A muffin, sandwich or fresh fruit is good. Stay away from straight sugar type snacks. They will cause you to have a metabolism crash about half an hour after you eat them. Some of your teachers will probably help in this area.
6. Go for a pee break about 15 minutes before you go into the exam room. It is a real pain to have to leave for a wee wee half way through an exam.
7. **BE ON TIME!!**