Tips for Taking Online Exams

• Read through all the guidelines set by your professor regarding the exam policy. Is the exam open note? Open everything? How much time do you have to complete the exam? Email your professors if anything is unclear. Having an understanding of what to expect will help relieve some stress.

• Find a quiet space to get set up. Make sure your roommates or family know not to disturb you!

• Listen to a study playlist to get settled. Here are a few suggestions:
  o Classical Music: https://open.spotify.com/playlist/7btLjz3K10pwbKEziDFClO
  o Upbeat Songs: https://open.spotify.com/playlist/37i9dQZF1DWT7XSlwvR1ar?si=gsDF6yGHQlyTDbEsw0-_

• Study like you would for an in-person exam. Online exams are not necessarily easier, so being prepared is key!

• If your exam allows for it, take breaks as you need them. Here are some activities to check out while breaking from studying or taking exams:
  o Google Arts & Culture: Allows you to explore and discover artwork from collections around the world. https://artsandculture.google.com/explore
  o Mindful Breathing: https://www.youtube.com/watch?v=SEfs5TJZ6Nk