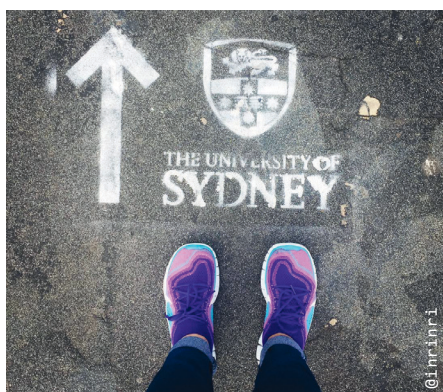# Top 5 exam study tips

1 Create a study timetable

> "I can achieve these things. They're not dreams, they're goals, and they actually can be achieved."
>
> **Simone Armstrong**
> Veterinary science student

> "Don't think you can't do something because it sounds hard."
>
> **Rory Green**
> Science/Engineering student

2 Prepare your study area

3 Eat, sleep and move

> "You're stronger than you think."
>
> **Linhao Li**
> Engineering student

4 Minimise distractions

> "Take your time. Don't stop, just keep going."
>
> **Preethi Pampapathi**
> Medicine student

> "Believe in yourself. Believe you can do the tasks at hand and face the challenges ahead."
>
> **Mariam Bazzi**
> Arts/Education student

5 Take breaks and reward yourself

The future is in your hands. It's yours for the taking.

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