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Motivation

A Vital Ingredient in the Recipe for Exam Preparations

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As the examination period draws near, a majority of students begin to be increasingly conscious of their readiness to face the exams.

With much to do at the eleventh hour, some end up wondering about the 'secret' behind motivation and focus in revision. They scarcely imagine how successful students persevere by sacrificing leisure time for studious revisions.

It is not uncommon for some students to feel jaded at the prospect of attempting the exams. What is important is waking up to the reality of life's challenges and spurring oneself forward in pursuit of life's opportunities.

The secret starts with setting goals, at least before the start of the semester. From then on, successful students tend to remind themselves of the 'big picture', possessing clarity about future objectives and grasping the significance of continuous efforts in charting a course towards their goals.

Having a purpose and direction works both ways. It can compel one to overcome laziness and procrastination. It also motivates one to 'step-up' and persevere early-on in their exam preparations.

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Only with the end in mind can you use your GPS to help you plan the route towards your destination.

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Ms. Priscilla Pang, SIM PEARLS trainer

So, start motivating yourself by identifying the purpose behind your academic pursuit. What are your career objectives? Why do you require a sound academic background to achieve those objectives?

Once that is done, set your own realistic short term goals for the upcoming examination to inspire you to take action.

Step 1:

Write Down Your Goals and Display Them to Yourself

Write down your goals for the upcoming examination. Place them in a location where you get to see them at least twice daily. Persistent reminder of your goals can motivate you to see them through.

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Step 2:

List the Benefits for Achieving those Goals

Write down all the specific benefits of achieving your goal, be it short or long-term benefits. Examples are being closer to clinching your dream job and obtaining financial independence. The more benefits, the better! This can help create an intense desire to wanting to achieve your goals, in turn motivating you to persevere in revisions.

Step 3:

Identify the Consequences of Failing to Achieve Your Goals

Possible consequences of poor exam preparations include anxiety attacks in the midst of exams or wasting time and money on repeating academic units. You should gauge the losses from not working towards the goals set. Realistic negative outcomes can motivate you to avoid them at all costs.

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In life, as in football, you won't go far unless you know where the **goalposts** are.

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**Arnold H. Glasglow, 1905-1998,
American humourist**

Step 4:

Create an Action Plan

Plan your strategy to achieve your goals, among them acing the examinations. What essential reference, practice questions and past year papers do you need to cover before the exams? How should you approach challenging questions and divide your time wisely? Review the action plan regularly to optimise execution.



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Step 5:

Stick to the Deadlines in Your Action Plan

Set a reasonable time-line to complete each part of the action plan to avoid losing focus and inviting procrastination.

The steps above will help get you motivated to prepare for and attempt the exams. Last but not least, remember that exams are set to gauge your understanding and quick-thinking skills. To be motivated for exams is to embrace the prospect of being tested for your efforts.



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