

CHEATING TECHNIQUES

DURING STUDIES



- Prioritize 5 x 20min rather than 1 hour all at once.
- Study with your friends by asking each other questions.
- Save your notes to listen to them.
ex: dicta on your cell
- One step, chapter or formula at a time.
- Invent funny things to memorize.
ex: the sentence on the planets



DURING THE EXAM

- Frozen? Move on to the next question!
You will come back to it.
- Read all questions before answering.
ex: underline the keywords
- Short break: eat your snack, drink water, draw, write a poem... ✨ ✨ ✨
- Try an answer, even 2 points is better than nothing!
- Turn this card and use an anchoring technique.



ANCHORING TECHNIQUES

#1 I REFOCUS ON MYSELF NAMING...



5 things I can **see**

4 things I can **touch**

3 sounds I can **hear**

2 odours I can **smell**

1 thing I can **taste**

#2 I CALM DOWN BY BREATHING IN A SQUARE

Breathing in 1-2-3-4

Hold 1-2-3-4



Hold 1-2-3-4

Breathing out 1-2-3-4



Good exams!

rap
CÔTE-NORD

Pathways
to Education