

# Preparation for your OSCE exams

It's normal to have some anxiety around preparing for OSCE exams. Check out tips from other students:



## Sign up for mock exams

to practice in a simulated exam environment. You can receive constructive feedback to understand areas of strength and areas for improvement.



## Review key topics

Focus on the major themes, theories, or concepts. Consider looking at past exams and course content from your tutors.



## Practice speaking

Practice verbalizing your answers clearly and concisely. Consider recording yourself to review your performance.



## Organize your thoughts

Create mind maps or outlines for major topics to help organize your thoughts and ensure you cover all necessary points.



## Time management

Pace yourself and practice giving answers within a specific time limit to ensure you cover the key points without rushing. Use a timer during practice sessions to get a feel for the length of your responses.



## Develop confidence

Adopt a positive attitude and visualize your success. Remind yourself of your preparation and knowledge. Practice deep breathing or mindfulness techniques to manage anxiety and maintain focus during the exam.



## Dress appropriately

Wear appropriate, comfortable clothing that adheres to the exam's expected dress code. Ensure your outfit is something you feel confident, professional and comfortable in, as this can impact your performance.



## Manage logistics

Know the location of the exam, and what you need to bring so you know how to get there and avoid last-minute stress.



## Stay healthy

Rest Well: Ensure you get enough sleep in the days leading up to the exam.

Eat Well: Maintain a healthy diet, and consider light, brain-boosting foods before the exam.

Exercise: Engage in light exercise to help reduce stress and keep your mind sharp.



## Seek support

Book an appointment with [UQ Learning advisors](#) to improve your oral presentation skills. Get advice from peers about how they prepared and managed in the exam. See your GP if you have concerns about performance anxiety. Book with a [student adviser](#) to discuss Alternative Exam Arrangements (AEA). These need to be activated in Si-Net at least 14 days prior to your exam. The [Medical School Student Support Team](#) can provide you with confidential, personalised support, guidance, information, or referrals through face-to-face, phone or Zoom appointments. [Book an appointment](#) online or email [med.mss@uq.edu.au](mailto:med.mss@uq.edu.au).



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