

ADVICE FOR MODELS: WHAT TO NOT DO

Too often, I feel that every course starts with a list of advice of what to do in order to increase your chances of doing well in the course. This advice is definitely very useful, so don't forget any advice you have received previous to this.

However, what I felt could also be useful, is a list of things to **not** do. Things that will negatively affect your chances of doing as well as you possibly can in this course.

Being someone who failed Models in 2018, had to re-take in 2019, getting an exemption for it and then becoming a tutor for Models in 2020, I am well aware of some of the “do's” and “do not's” of this course. This document contains **5 important “do not's”** that I hope every one of you will take the time to read.

1. DO NOT BE AFRAID TO CHANGE YOUR STUDY METHOD

- The one mistake I made was using the very same study method over and over again. Even when it proved to not lead to good results
- I didn't take the time to stop and think: “Maybe the way I'm studying for this is not the best way. I need to do something different.”
- If your test mark comes back lower than expected and you felt you studied really hard, perhaps you should consider how to adjust your study method

2. DO NOT TRY AND “GUESSTIMATE” WHAT WILL COME UP IN A PAPER

- “Guesstimate” is a combination of the words guess and estimate
- People spend so much trying to predict what will and won't come up in a paper, and it's time that could have been used to study an extra section or do an extra past paper question, etc.
- It's not worth it, because half the time you could be wrong

- Furthermore, it makes you unwilling and lazy to study the sections you feel “won’t” come up. This is very dangerous.
- Rather: study every single section as if it will ***definitely*** come up.
- That is the only way that you can try and ensure that you are as prepared as you possibly can be
- There is nothing more heartbreaking than seeing a 12 mark question in an exam on a section which you just skimmed through for 15 minutes beforehand. It really sucks. Don’t do that to yourself

3. DO NOT THINK THAT YOUR EXAM PREP STARTS ONLY IN CONSOLIDATION WEEK

- Your exam preparation begins from the very first tutorial
- From that point onwards, you are in constant “exam prep” mode
- Absolutely everything is important
- Pay close attention to every single thing you do
- For example: that half mark you lost in a tut test, make sure you understand why you lost it! Make note of it somewhere to ensure you never make the same mistake again
- How you approach each and every one of your tuts, tut tests, tests and everything in between, is important
- Every single step is so valuable and is an opportunity to learn and to do better in the future

4. DO NOT GET ARROGANT

- One of the biggest mistakes you can make is to think too highly of yourself
- If you got 100% for the Exposure to Risk section in test 1, it does not automatically mean you will get 100% for this section in the exam.
- You need to prepare for the exam in such a way where your arrogance takes a back seat.
- A certain level of humility allows you to dive deep into all the sections, practice as much as you can and ask as many questions as you can.

5. DO NOT BE UNKIND TO YOURSELF

- One mistake I made was being very unkind to myself when I did poorly in tests or tut tests
- I would tell myself I'm stupid or I would convince myself I didn't deserve to be in 3rd year Actuarial Science ... I could go on and on
- This does not help the process in any way whatsoever
- It actually destroys your ability to have confidence in your capability and your potential
- Subconsciously, you've already told yourself you're going to fail the course way before you've even written the exam
- One thing I learnt from many university courses (and also from watching episodes of Survivor, lol) is that: **it isn't over until it's over**
- Years ago, I remember walking into my Fin Maths exam with a 52% average and my overall mark for the course ended being around 67%, and I walked away with an exemption even though I had failed 2 out of the 3 tests of the course.
- I had good reason to give up before that exam and accept that I was probably going to fail no matter how hard I worked
- But no, rather I decided that **it isn't over until it's over**
- If you've been feeling demotivated by your marks even though you feel you have been working very hard, I encourage you to write that on a sticky note and put it somewhere where you will see it each and every day

IT ISN'T OVER UNTIL IT'S OVER

I hope this advice has been helpful. I wish you guys all the best for the rest of the semester. You're almost at the end. Keep pushing and give it absolutely everything you've got.

Lots of love

Londiwe

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