

Resting time in an exam: How does it work?

Resting time allows a student to take short breaks during an exam for rest or exercise without penalising the time normally allowed to complete the exam.

The University of Auckland gives either 10 minutes per hour or 20 minutes per hour resting time. If you are granted 10 minutes resting time then during a two hour exam you would be able to take up to 20 minutes of resting time while in a 3 hour exam you would be able to take up to 30 minutes of rest breaks.

- No writing or reading is allowed during a rest break even in an open book exam.
- You can go to the bathroom during your rest time.
- You choose when to take your breaks and it is your responsibility to do so as and when needed.
- We will not schedule your rest breaks or remind you to take them – you are the only one who knows when you need a break.
- When you choose to take your break, you must take a minimum of 5 minutes.
- To take your break, hold up your hand and gain the attention of your supervisor.
- They will come and take your exam paper and script away and take a note of the time your rest break started and the time you choose to continue.
- If you do not take all or any of your rest time then your exam will finish earlier than the time noted in Student Services Online (the time in SSO assumes you have taken all of your breaks and is the latest possible finish time).
- Your exams start at the same time as all exams.

The following shows what start and finish times you can expect based on your special conditions and the duration of the exam. The first finish time which assumes all rest is taken. The second finish time is when you will finish if you take none of your rest breaks. Students can enter the exam room 15 mins prior to the start of the exam and reading time commences 10 minutes before the start of the exam.

Duration and Resting time	Morning Start	Morning Finish (all rest)	Morning Finish (no rest)
2 hour + 10mph	9.30am	11.50am	11.30am
3 hour + 10mph	9.30am	1.00pm	12.30pm
2 hour + 20mph	9.30am	12.10pm	11.30am
3 hour + 20mph	9.30am	1.30pm	12.30pm

Duration and Resting time	Afternoon Start	Afternoon Finish (all rest)	Afternoon Finish (no rest)
2 hour + 10mph	2.30pm	4.50pm	4.30pm
3 hour + 10mph	2.30pm	6.00pm	5.30pm
2 hour + 20mph	2.30pm	5.10pm	4.30pm
3 hour + 20mph	2.30pm	6.30pm	5.30pm

Duration and Resting time	Evening Start	Evening Finish (all rest)	Evening Finish (no rest)
2 hour + 10mph	6.00pm	8.20pm	8.00pm
3 hour + 10mph	6.00pm	8.30pm	9.00pm
2 hour + 20mph	6.00pm	8.40pm	8.00pm
3 hour + 20mph	6.00pm	10.00pm	9.00pm