

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 minute 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.
- We ask that you take your breaks in 5 minute blocks if at all possible but you can discuss this with the supervisor beforehand.
- Arrive to your exam early to discuss how you will indicate when you want to take a rest break and for how long. Normally you will hold up your hand and show them if you want to take five minutes (five fingers) or ten minutes (two hands, ten fingers) but this will depend on your situation and the room.
- 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 will start earlier to allow for the rest breaks.

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.

Duration and resting time	Morning Start	Morning Finish (all rest)	Morning Finish (no rest)	Afternoon Start	Afternoon Finish (all rest)	Afternoon Finish (no rest)
2 hour + 10 mph	8.45am	11.20am	11.00am	1.45pm	4.20pm	4.00pm
3 hour + 10 mph	8.45am	12.30pm	12.00pm	1.45pm	5.30pm	5.00pm
2 hour + 20 mph	8.45am	11.40am	11.00am	1.45pm	4.40pm	4.00pm
3 hour + 20 mph	8.15am	12.30pm	11.30am	1.15pm	5.30pm	4.30pm

Resting students will often be sharing a room with other students with the same exam duration and resting time allocation. Please respect the privacy and confidentiality of your fellow students.