

SELF-REFLECTION

Answer these questions. Are you happy with your answers, or would you like to make some changes?

- How do you prepare (or not prepare) for exams?
- What do you find most challenging (last-minute studying, understanding material, studying from notes)?
- Can you predict what material will be covered on the exam?
- Have you learned everything you can about the exam (grade value, format, length)?
- What steps can you take to better prepare for exams?

TIPS

- Get plenty of sleep the night before an exam.
- Eat a healthy breakfast the day of the exam.
- Try not to overdo caffeine or sugar the day before/day of the exam.
- Use positive reinforcement: "I've got this!" or "All my studying is about to pay off!"
- Take a practice exam under test-like conditions.
- Ask your instructors if they have practice exams you can use.
- Put yourself into a positive mindset just before the exam: watch a silly animal video!



Exam Preparation



Exam Preparation Strategies

Start studying early:

- Write exam dates on your calendar and begin studying weeks in advance.
- Use the details and deadlines on the class syllabus to manage your study time.
- Include pre-exam review as part of the studying you do throughout the term.
- Combine exam prep with your reading and review for each class.

Learn about the exam:

- How much is it worth?
- What material will it cover?
- What's the format?
- What topics will it cover?
- What should you bring to the exam?
- How much time will you have to write the exam?

Find out what level of thinking the exam questions will test:

- Remembering – recalling facts and basic concepts
- Understanding – explaining ideas or concepts
- Applying – using information in new situations
- Analyzing = making connections between ideas
- Synthesizing = combining information together in a different way to create something new
- Evaluating = judging the value of something

Plan your study:

- Include study blocks for exam prep in your daily and weekly plans.
- List the topics to be covered on the exam.
- Review what you know well to boost your confidence and to make connections with overall concepts.
- Plan which areas you will review in depth.
- Schedule more time for the difficult areas.

Focus and engage:

- Involve your senses: write, recite, create visual aids, discuss content with others, create flash cards, etc.
- Focus on the vital information and key concepts. (Use class lectures, the syllabus, and your textbook as guides.)
- Create practice exams.
- Create formula-based questions to learn formulas, multiple-choice questions for multiple-choice exams, etc.
- Draw and label diagrams to reinforce basic facts and relationships.
- Prepare a lesson as if you have to teach the material to someone else.
- Practice teaching a friend or classmate.
- Take plenty of breaks and reward yourself often!