

Time Frames for Sensible Study Strategies



Goal

To identify long-term and short-term strategies for effective studying for exams and tests.

SESSION TASKS

- Reflect on your academic history and identify your strengths and weaknesses.
- Determine your educational goals and aspirations and identify strategies for moving toward these goals.

QUESTIONS TO CONSIDER

- How have you studied for exams or tests in the past?
 - What strategies had worked in the past? Which ones did not?
- How long did you prepare for the exam? What was your study schedule like?

| Time Frame | Study Strategies |
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| After each assignment | Write a summary paragraph of what you learned and how it relates to the course objectives. |
| After each class | Review your notes to consolidate your learning. |
| During the last class before the test | <p>Find out about the test:</p> <ul style="list-style-type: none"> • What will be and won't be on the test • The format of the test (<i>i.e. multiple choice, short answer, or essay, etc.</i>) • Percentage of the test towards your overall grade (<i>can be found in your syllabus</i>) <p>Clarify any questions or areas of confusion from past classes. This can be done on your own, during office hours, with classmates, your student success coach, or a tutor!</p> |
| After the last class before the test | Plan your final review session. |
| The night before the test | <p>Organize your notes for systematic review.</p> <p>Study the test material exclusively to reduce interference (<i>it might be best to do this last</i>).</p> <p>Practice the kind of thinking the test will require:</p> <ul style="list-style-type: none"> • Rehearsal and recital for objective tests • Critical analysis for subjective tests <p>Identify any fuzzy areas and confer with classmates to clarify.</p> |
| The day of the test | <p>Organize your supplies.</p> <p>Eat a good breakfast/lunch/dinner.</p> <p>Review your notes, chapter summaries, and course glossary, especially material that is most challenging for you.</p> |
| The hour before the test | <p>Review your notes.</p> <p>Go to the classroom early and get settled.</p> <p>Practice relaxing and positive thinking - You've got this!</p> |