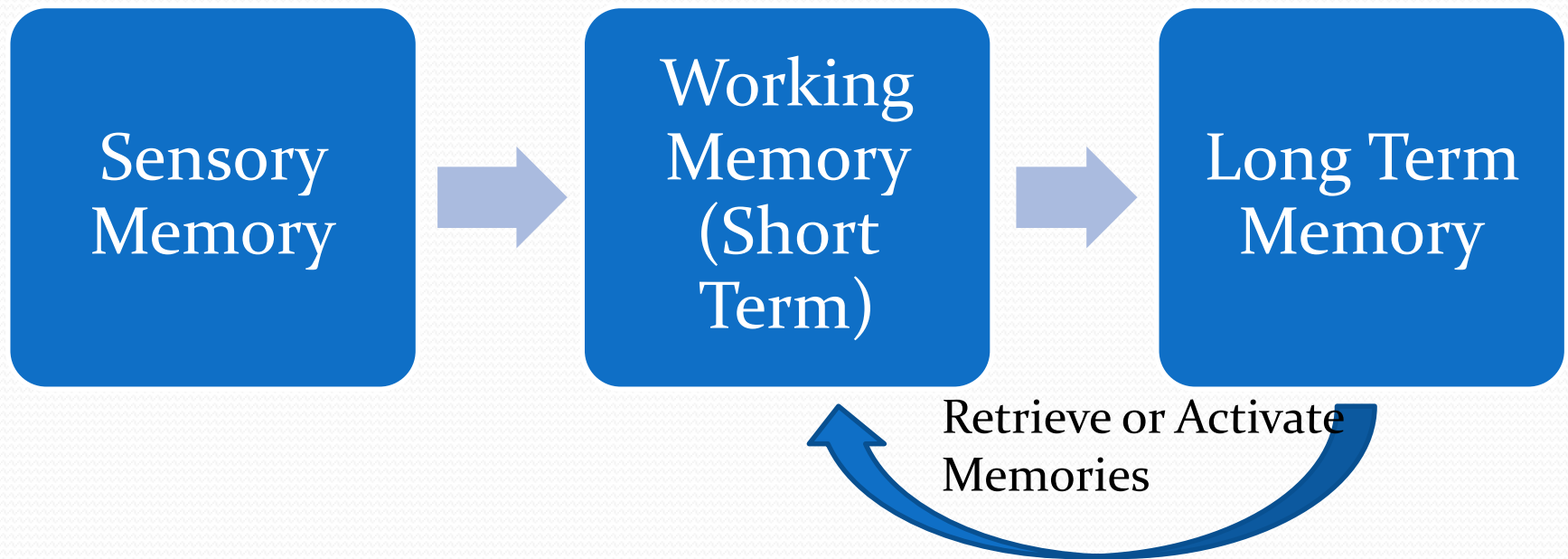


What's The Best Way To Prepare For Exams?

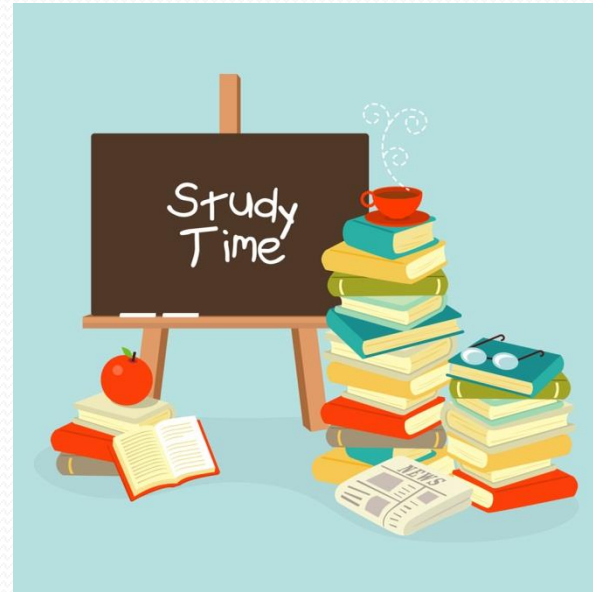
Exam Preparation Strategies That
Work!

Information Processing Model



6 Study Principles

- Organize
- Chunk
- Act
- Personalize
- Repeat
- Review



ORGANIZE

- Find out when your exams are scheduled, their format and what information they will cover.
- Designate a study site.
- Take care of yourself.
- Collect all of the information that you need.
- Keep up with the assigned reading – make chapter summaries and organize your notes.
- Use a planning sheet to identify the areas that you need to focus on.
- Start studying 1-2 weeks before your exam.

Time Management

- Long-range planning
 - Calendar
 - Due dates & percent worth
- Short-term planning
 - agenda
 - Sunday night
 - SMART goals

SMART goals

- Specific
- Measurable
- Attainable
- Reward
- Time-limited

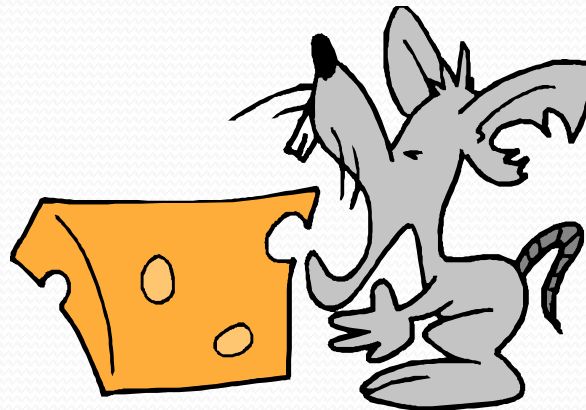
CRAM

is a 4 letter word!



CHUNK

- Break information down into smaller parts.
- Vary your study activities.
- Study in 50 minute intervals with 10 minute breaks in between.



People Generally
Remember:

10% of what they Read

20% of what they Hear

30% of what they See

50% of what they hear
and see

70% of what they
say and write

90% of what
they do

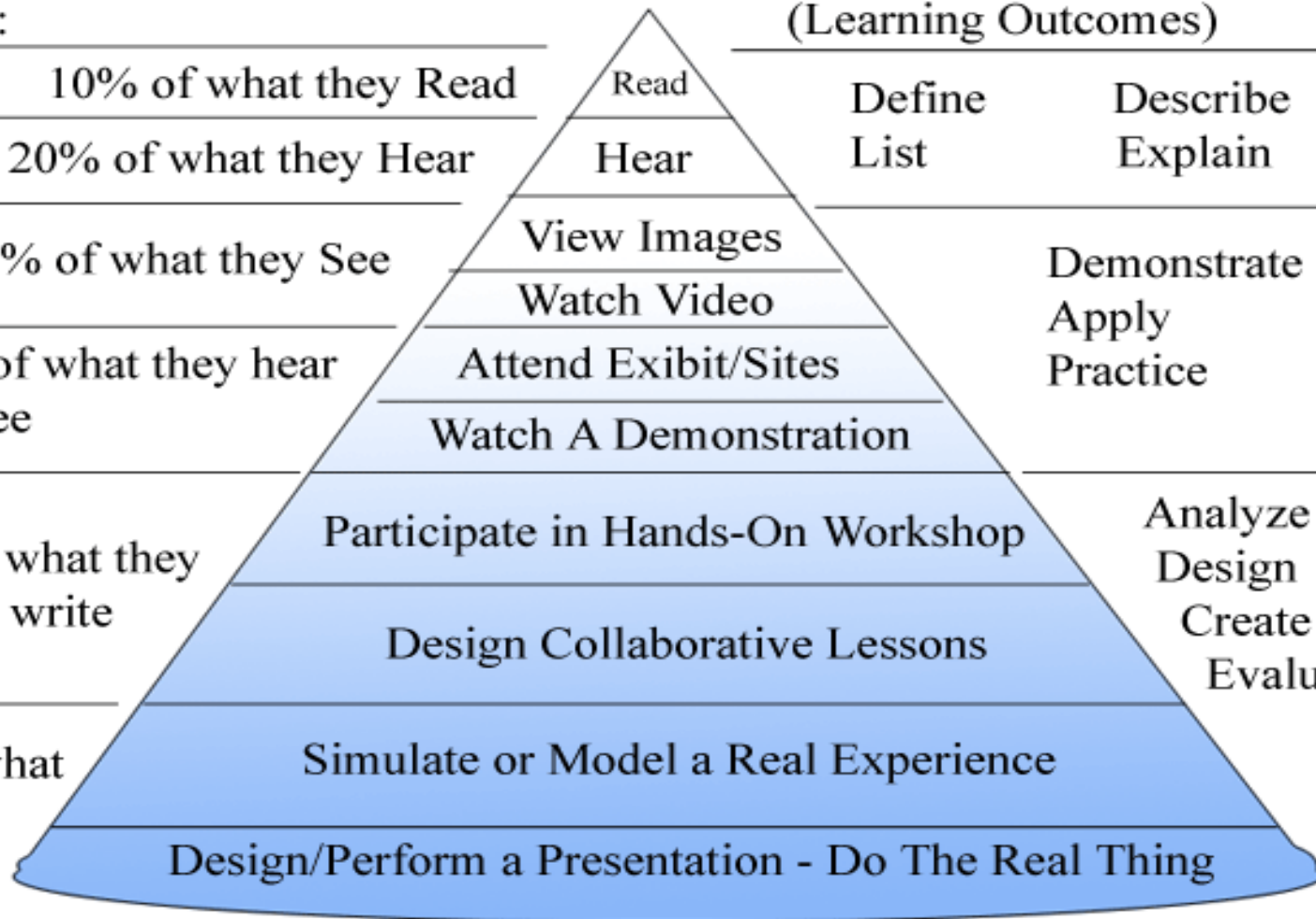
People Are Able To:
(Learning Outcomes)

Define
List

Describe
Explain

Demonstrate
Apply
Practice

Analyze
Design
Create
Evaluate



Dale's Cone of Experience

READING IS NOT ENOUGH

Reading over and over =
RECOGNITION

but NOT

UNDERSTANDING or KNOWING!

ACTIVE LEARNING

- Rewrite
- Recite
- Discuss
- Teach
- Categorize
- Diagram
- Self Test
- Mind Map

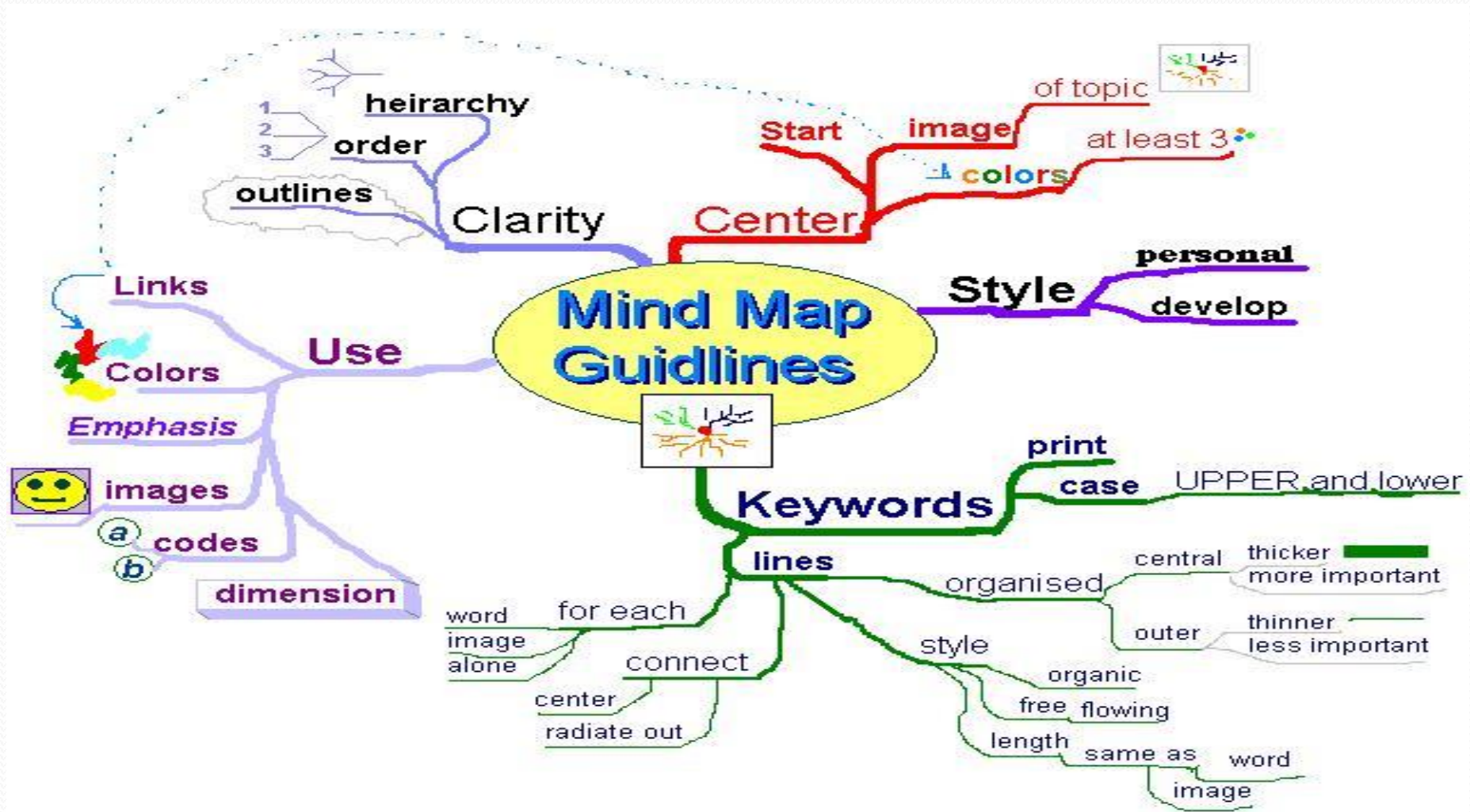


Self Test

- Use similar time constraints
- Find or make up questions that would be like the ones you'll find on the test
- Arrange your questions in random order
- No cheating!



Mind Map



PESONALIZE

- Connect the information to what you already know
- Use yourself as an example
- Find personal relevance
- Create imagery
- Use mnemonics or number systems

REPEAT

Do it all again as many times as your schedule allows or until you are satisfied that you know the information and can retrieve it on demand. Self-test to find out for sure!



REVIEW

- Conduct regular reviews throughout the semester
 - Review notes after class
 - Review what you've covered in your classes for 20 minutes each week
- 1 week prior to the exam, review the material each day, using active strategies
- Look at the big picture, key concepts, important details
- No new learning or relearning 12-24 hours prior to the exam

The mind is slow in
unlearning what it has been
long in learning.

Seneca

Put it into practice...

- Write some goal statements.
- List 3 things that you can try to improve your exam preparation skills.
- Make sure you are specific.
- Give yourself a deadline.
- REWARD YOURSELF!

On exam day...

- Psych yourself up – be confident!
- Sleep, eat, exercise.
- Bring the correct materials.
- Glance at your notes.
- Avoid talking about the test
- Practice relaxation strategies – breathe!
- Sit where there are minimal distractions.
- Do your best!