

## How to Study for Exams

### Study

- The most important thing is to *do* it: study. Actively engage the materials that will be covered on the test. Review, ponder, outline, recite, use flash cards; do whatever it takes to be able to recall the important information involved.

### Do Not Procrastinate

- Although ‘cramming’ for a test is common, you should start studying at least a week before any major exam.
- Schedule your time so that you can study a few hours each day.
- The earlier you begin to study, the more confident you will feel for the exam, and the more likely you are to score a higher grade.

### Study Strategy

- Study what you *know* will be on the exam. What has the prof told you will/will not be covered on this exam?
- What were other tests in this class like? Unless the prof tells you otherwise, the exam will probably resemble the other tests.
  - Did the questions come from study questions, from online practice tests, from class lecture notes, from the reading assignments, or from all of these?
- After organizing your material, take into consideration the test format. Will there be multiple choice, fill-in-the-blank, or essay? Arrange your questions and study time according to these types of questions.
- If you're taking an essay exam, you must prepare to compare, contrast, describe and evaluate key concepts.
- Repetition is one of the best memorization tools available. The more often you engage the material, the more familiar you will become with it.

### Learning Style

- Your time in school up to this point should have alerted you to some of your best study styles: e.g. are you an auditory or visual learner?
- Auditory learners can review online archives of classes (if available), use flashcards (reading or reciting answers aloud), or study in a group where you ask each other questions and listen to the answers.
- Visual learners can prepare charts, diagrams, flashcards, and outlines of material.

### Don't Study Non-stop

- Non-stop “cramming” for a test is not a good way to ensure you can recall information later. It is far better to start early and spread your study over a week or more.
- Make sure that you plan enough time to take short breaks to keep you awake and fresh

### Good Environment

- Find a place to study where you will have minimum distractions. Generally, this means avoiding the first floor of the library and places like Starbucks.

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- Study in a comfortable place; however, studying in your sweats, in bed, may not be the most efficient place to study.
- When you study, plan to ignore the phone, Facebook, your email, etc.
- Avoid background noise like the television or music. You'll concentrate better and get far more done.

### Study Group

- A study group can be valuable, but it can also turn into a social event that is a big waste of time, as far as studying goes. Only study with people who will help you stay on task.
- Make sure that group study is not the *only* studying you do, especially if your exam is the next day.

### Do Not Re-read the Text Book

- If you have already read the text for the course, don't *re-read* it. Just review your notes or highlighting, chapter summaries, or a friend's notes.

### Take Care of Yourself

- Forget the all-night cram sessions. If you plan ahead, you can do a short review session the night before an exam and still get a good night's sleep. You'll do far better on an exam if you are well-rested.
- Make sure to eat wholesome foods that will give you energy. Most importantly, eat a good breakfast/lunch right before taking the test. Your brain functions better when there is food in your stomach.

### Beating Test Anxiety

- The single best thing you can do to beat test anxiety is to prepare well, as described above.
- On the day of the exam, plan to arrive early. Don't try to cram in any last-minute review before the exam begins. Stay out of conversations about how you studied or how you're going to do on the exam.
- Pace yourself, and don't worry about people around you who may seem to be finishing more quickly than you are.
- Remind yourself that it is normal to have some nervous energy when taking a test and that you have prepared well, so you'll do well.
- Take some deep breaths if you feel anxiety increasing. Remember that your worth is based on being a beloved creation of the Father, not on your performance on this test.