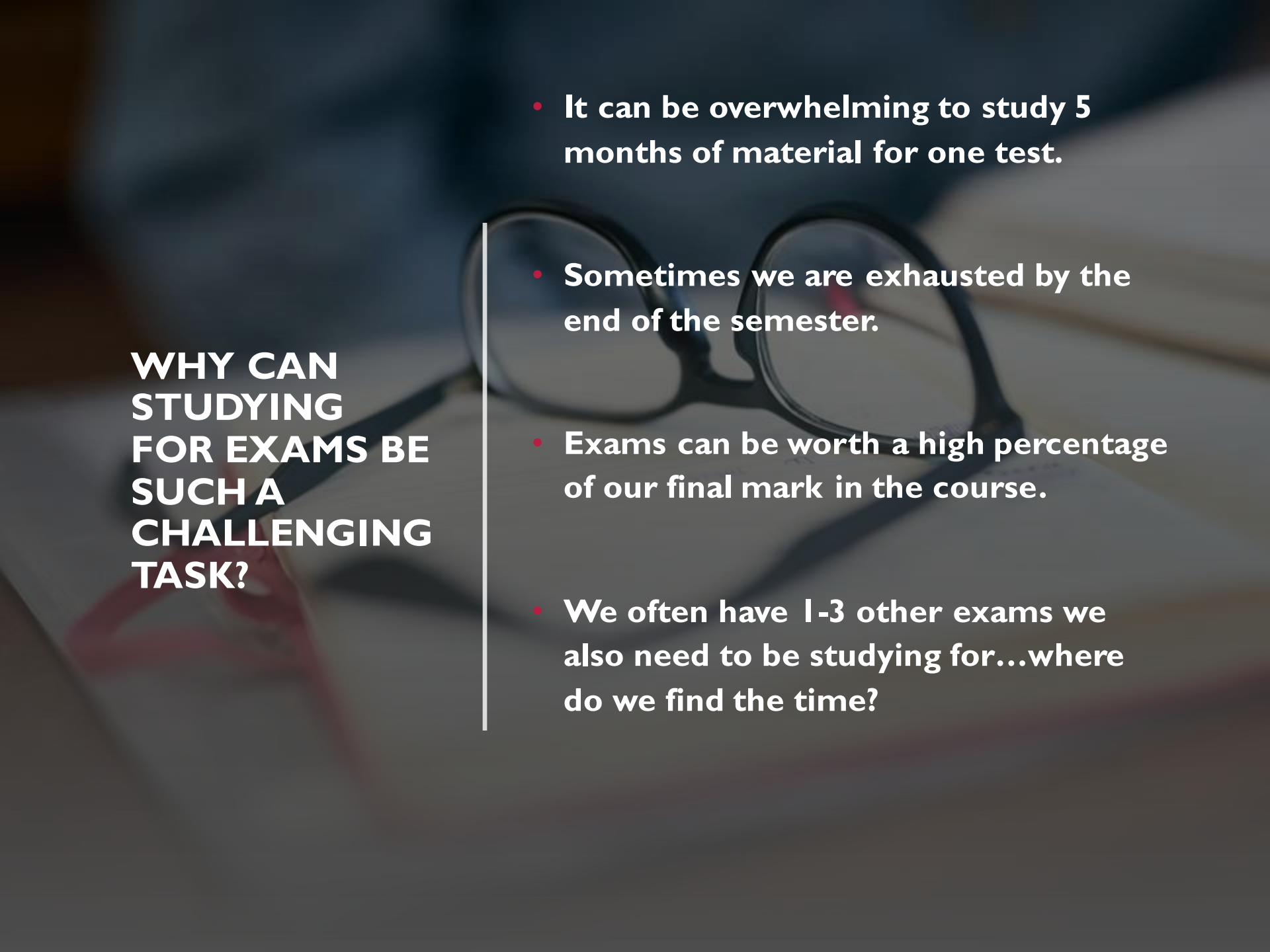


# **EXAM STUDY STRATEGIES THAT REALLY WORK!**

Student Success –

Ms. Kelly and Mr. Miller





**WHY CAN  
STUDYING  
FOR EXAMS BE  
SUCH A  
CHALLENGING  
TASK?**

- **It can be overwhelming to study 5 months of material for one test.**
- **Sometimes we are exhausted by the end of the semester.**
- **Exams can be worth a high percentage of our final mark in the course.**
- **We often have 1-3 other exams we also need to be studying for...where do we find the time?**

**THEY SAY STUDYING IS AWFUL.**

**FALSE. STUDYING IS THE GREATEST  
EXPERIENCE ANYONE COULD EVER  
HAVE.**

# THE KEYS TO EFFECTIVE STUDYING



Effective study skills must be practiced in order to improve ...*"Practice make Progress"*



It's not enough to "think about" studying – you have to actually do it, and then reflect on what you could be doing better.

# GENERAL EXAM STUDY TIPS...TESTED AND TRUE!

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Never study within 30 minutes of going to sleep

Prioritize! Make a list of what you intend to study and prioritize the list.

Study no more than 45-60 minutes at a stretch, and then take breaks.

Take breaks away from your desk and do something different.

Try to continue your daily habits as usual (don't drastically reduce your sleep, eliminate exercise, or overeat).

# CREATING THE RIGHT ENVIRONMENT FOR STUDYING

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- **When deciding where you should do your exam studying consider the following:**
  - Make sure the environment is moderately comfortable (furniture, temperature)
  - Work somewhere where you will be free of distractions (phone, TV etc.)
  - Try to use a space that is **YOURS** only and doesn't have to be shared with other family members
  - Keep the study space organized with a specific place for paper, pens, books etc.
  - Have everything you need to study with you before you sit down so you don't waste time looking for things





# FIRST THING.....

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- Complete all the preparation that will be required for you to study effectively **BEFORE** you sit down and study (i.e. complete missing homework, correct tests, organize notes in order etc.)



DON'T  
STOP  
UNTIL  
YOU'RE  
PROUD

# THE KEYS TO EFFECTIVE EXAM STUDY SCHEDULING

- Obtain an exam outline for each of your courses including what material will be covered, the length of, and format of the exam
- Realistically plan for the amount of time that you think will be required to review the material for the course at least twice...and then double that amount of time
- The time taken to create the schedule is well worth it – it will save you much time that could have been lost to disorganization, stress, and poor planning
- Decide which previous commitments will need to go “on hold” while you are studying (i.e. reducing shifts at work, no baby-sitting etc.)



# THE KEYS CONTINUED...

- Make every hour count in your schedule – time at lunch, before school, after school
- Begin to study for each exam AT least a week before it will take place to have plenty of time to ask questions, review etc.
- Give yourself reasonable breaks (15-30 min) and try to maintain as “normal” a schedule as possible in terms of sleep time, eating time etc.



# PROVEN STUDY STRATEGIES


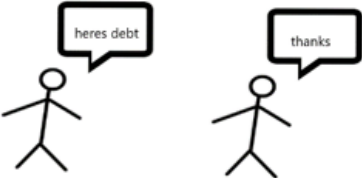
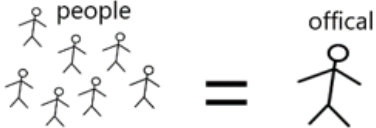
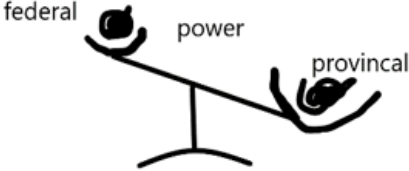
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- **SQ3R**

- **Survey** – get the best overall picture of what you’re going to study before you do it
- **Question** – ask questions to reinforce your own learning
- **Read** – actively read over the material and be alert to main ideas, bolded terms, and key understandings and details
- **Recite** – recalling and then orally or through writing communicating the information – make connections
- **Review** – re-reading, summarizing key points, testing yourself, asking final questions



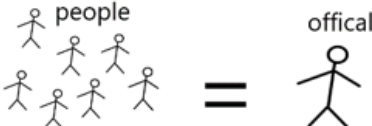
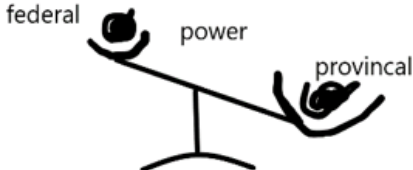
# Student Example

## Make a Mock (Pretend) Exam with Picture Cues

Picture Cue	Mock Question	Answer
	<p>What kind of goods did the British Government create an empire in?</p>	<ul style="list-style-type: none"> <li>• Corn, <u>spices</u> and tea raw materials.</li> </ul>
	<p>What railway created a great debt acquired by the Canadian Gov.</p>	<ul style="list-style-type: none"> <li>• Grand trunk railway</li> <li>• The significance of this is that Canada took over the debt of the Grand Trunk Railway and it showed it was becoming more independent.</li> </ul>
	<p>What is representation by population</p>	<ul style="list-style-type: none"> <li>• Number of elected officials based <u>of</u> population</li> <li>• 1 official =100 people 1000 people =10 officials</li> </ul>
	<p>Who had more power after the Quebec conference Federal or provincial</p>	<ul style="list-style-type: none"> <li>• Provincial ended up with more power than john a MacDonalld would have liked but it was the only way to come to an agreement</li> </ul>

# Student Example

Write Your (Pretend) Exam Repeatedly (Remove answers)

Picture Cue	Mock Question	Answer
	<p>What kind of goods did the British Government create an empire in?</p>	
	<p>What railway created a great debt acquired by the Canadian Gov.</p>	
	<p>What is representation by population</p>	
	<p>Who had more power after the Quebec conference Federal or provincial</p>	

# Student Example

Write Your Exam Repeatedly (Remove answers & pictures)

Picture Cue	Mock Question	Answer
	What kind of goods did the British Government create an empire in?	
	What railway created a great debt acquired by the Canadian Gov.	
	What is representation by population	
	Who had more power after the Quebec conference Federal or provincial	

# PROVEN STUDY STRATEGIES CONTINUED...

- Getting Organized
  - Putting time into organizing notes
- Reading with Purpose
  - Not glossing over reading material but actively searching for important ideas and thinking about them while you read
- Getting the Main Ideas
  - Questioning yourself about the main “points” from the notes, assignments, or chapters you are reviewing
- Extracting Important Details
  - Considering key information that support the main ideas, and thus, give them more meaning
- Taking Notes
  - Bolding, underlining, and categorizing information that you are study to give it more meaning
- Outlining Textbooks/ Novels/ Supporting Materials
  - Making notes on key main ideas, supporting details, and connections between concepts from print sources



# MEMORIZATION STRATEGIES

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- Some material for your courses will simply require that you memorize the information. This comes easy to some people, but not all. Here are some strategies that you can try:
  - **Acronym:** i.e. **BEDMAS** –way to remember the order of operations Brackets, Exponents, Division, Multiplication, Addition and Subtraction
  - **Acrostic:** i.e. **Never Eat Shredded Wheat** - North East South West  
**My Very Educated Mother Just Served Us Noodles ?**

When I promise myself I'll study for the math test on the last day but I end up getting distracted:



## THE PROBLEM WITH CONCENTRATION

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- At times when you may be trying to study for exams...
  - Your mind may wander from one thing to another
  - Your worries may distract you
  - Outside distractions
  - You may find the material boring, difficult, and/or not interesting

## **CONCENTRATION STRATEGIES**

- **Here are some strategies students can use to focus during study time:**
  - Study in a set place that is naturally free of distractions
  - When your mind wanders, tell yourself, “now is when I must study”
  - Stick to a routine, realistic, and effective study schedule

## CONCENTRATION STRATEGIES CONTINUED...

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- Change your study topics every 1-2 hours to keep things interesting
- Vary your study activities – don't try and study in the same way for more than an hour or so
- Take regular scheduled breaks and enjoy them!
- Give yourself rewards for even small achievements



# STUDENT STUDY STRATEGIES THAT DON'T WORK

- Reading information out loud without writing it down
- Glossing over notes without “proving” you know it (by teaching someone else, by writing it down from memory etc.)
- Highlighting texts or novels
- Reviewing the material only one time
- Studying with someone else – unless you are equally committed and focused
- Staying up very late or pulling an all-nighter



# WHAT ABOUT MUSIC.....





MAYBE THIS



# EXAM ANXIETY/STRESS

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- You are in control of you own anxiety
- Did you prepare?
- The key to dealing effectively with exam anxiety is to work on what you have control over (how you study, what you study etc.) and not worry about what you can't control (kinds of questions, how other students perform etc.)

If I had to rate my stress, I'd say I'm pretty close to 2007 Britney



**STRESS LEVEL: WINONA  
RYDER**

**IN EVERY SINGLE SCENE OF  
STRANGER THINGS**



# TIPS FOR COPING WITH EXAM ANXIETY/STRESS

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## Be Prepared Early

Set up a study schedule at least 2 weeks before your exam



## Sleep Well

Maintaining a regular sleep schedule helps reduce stress and increase performance



## Keep the same caffeine and sugar intake

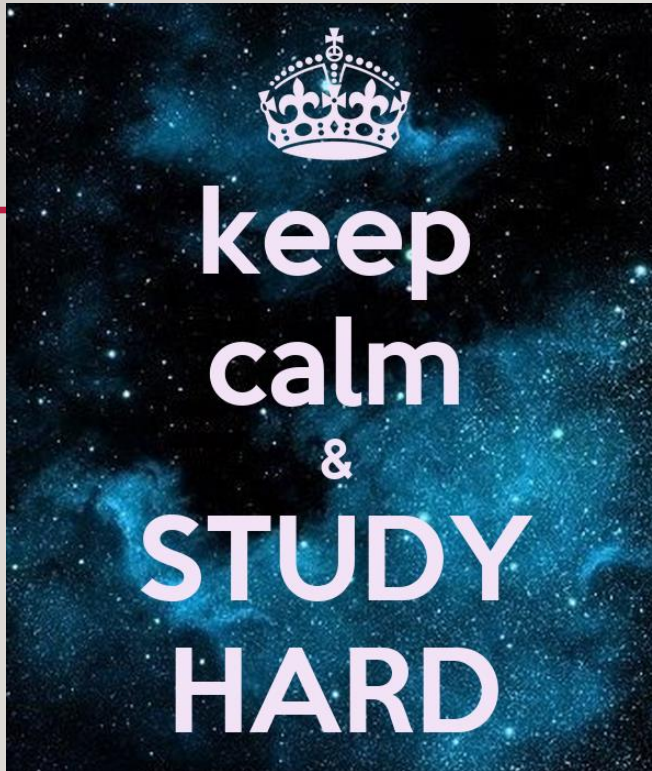
Greatly increasing either of these substances can actually impair brain functioning by throwing off your body's metabolism



## Learn relaxed breathing

When you get stressed, taking some slow, relaxed breaths can help you think clearly again





- [Preparing for an Exam - YouTube](#)

[Study Smart: Prepare for Exams Effectively! - YouTube](#)



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# THE DAY OF THE EXAM...



Wake up at a reasonable time so you can get ready at a leisurely pace and have breakfast



Stay away from other stressed-out students who may get you worried before the exam



Be confident! If you study you will know the answers! You have to believe in yourself!



Try the “memory dump” strategy