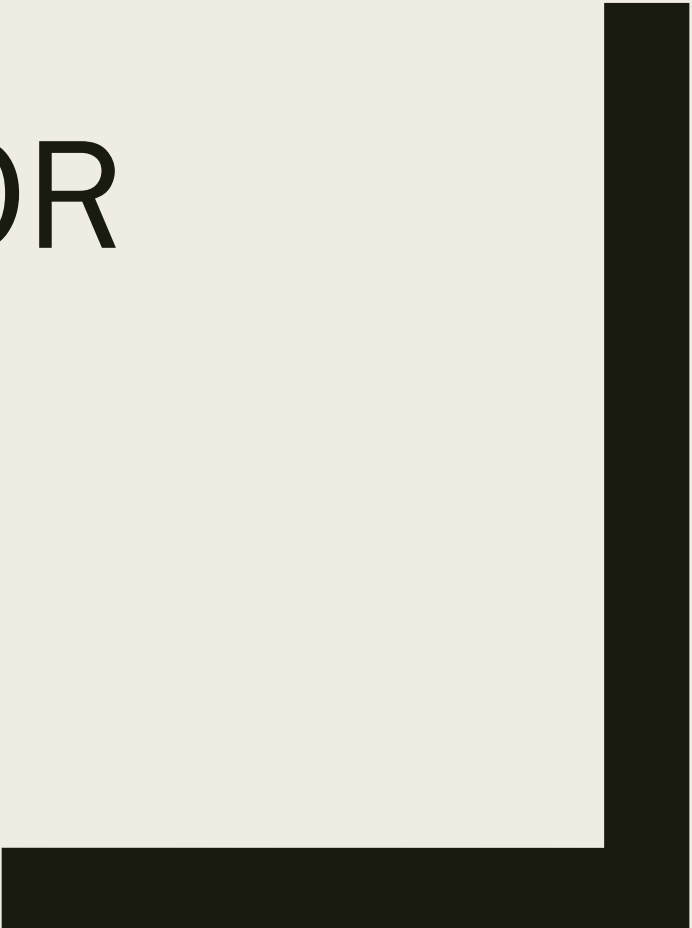




PREPARING FOR MIDTERMS

Academic Success Center



Overview:

- The Months/Weeks before the Exam
- The Week Before the Exam
- The Night Before the Exam
- The Day of the Exam

The Months and Weeks Before

Organization:

- One of the *most effective study skills* but also one of the most often overlooked.
- Try creating a study timetable to allow yourself to set study goals and a time frame in which to achieve them.
- This type of tool is helpful in increasing motivation to sit down and study.

Months and Weeks Before Exam Cont.

Mnemonic Rules:

- Mnemonic rules basically work by associating certain concepts with other concepts that are more familiar to us.
- Mnemonics are especially useful *when memorizing lists and sets.*

Months/Weeks Before Cont.

Procrastination:

- Overcoming procrastination is a very important skill when it comes to achieving exam success in your midterms.
- To achieve the correct amount of healthy procrastination, you need to adopt the right frame of mind.
- Being actively motivated and organized is the best way of overcoming procrastination.

Months/Weeks Before Exam Cont.

Learning Style:

- Understanding the best study techniques for you is key to effective learning and learning new information.
- Some people prefer to read, while others prefer to listen. Some people learn best by performing actions, while others like to plan things out logically.
- Understanding how to get the most out of your style of learning will help you in the long-run. It will also impact how you approach and plan your study in preparation for any exam.

Months/Weeks Before Exam Cont.

Best Time to Study:

- Are you a morning or a night person?
- The time of day that you prefer will shape your study habits.
- Having this information and knowing the best times that suit you to study will greatly help you get the most out of your study time.

The Week Before the Exam

- The week before is NOT the time to *start* studying.
- You do not need to know 100% of the material. Most subjects do not require you to know all concepts on the syllabus.
- Know the format of the exam. Most instructors will give you this information but if not, ASK!

The Night Before the Exam

- DO NOT CRAM!
- No student should brag about pulling an “all nighter” as these are counter-productive.
- Be sure to have everything you need for the exam, eat well, and get a good nights sleep!
- Read over material in your notes that you already know.
- Think positive! You can do it!

The Day of the Exam

- Wake up early and have a well-rounded breakfast.
- Check the time of your exam to make sure you are on time.
- Remember to write your name on your exam! (believe it or not, a lot of people forget this due to anxiety)
- Read all exam questions carefully and answer those that you know for sure before spending a lot of time on questions you are not sure about. This ensures that you will have enough time to take the entire exam without rushing through.

GOOD LUCK! 😊