

GETTING READY FOR MID-TERMS AND FINALS

Stay on Top of Your Studies...

- Keep up with reading and homework.
- Review text and notes frequently.
- Plan time during the week preceding the test to study, planning certain chapters or topics for certain days.
- Study in the place that is conducive to paying attention and staying awake.
- Study at the time of day when you feel most awake and limit distractions.
- Schedule specific times to study and stick with your schedule!

Studying for the exam

- Review all notes, handouts, textbooks, and study guides by self-questioning, rewrites, drawing pictures or diagrams, etc. Active reading!!!
- Formulate possible questions to appear on the test and quiz yourself.
- Take any practice quizzes outline possible essay question answers, practice review questions in the text.
- Study with a friend or in a group and form questions for each other.



Taking the Exam

- Arrive to class early and prepared with necessary materials.
- Have a plan for taking the exam:
 - ⇒ Do a “mind dump” of material you have memorized on the back or in the margins of the test (i.e. formulas, charts, definitions).
 - ⇒ Read all sets of directions carefully while you look over the exam, noting different types of questions or sections.
 - ⇒ Calculate how much time you should allow for each section.
 - ⇒ Answer questions in a strategic order. First, answer easy questions you are sure of. Mark any you are unsure of. Then, go back and answer the more difficult questions.
 - ⇒ Try to answer the questions from the instructor’s point of view.

- ⇒ Watch for key words, such as usually, always, never, results in, etc.
- ⇒ Use the test to help you. The content of the questions may provide you with needed vocabulary or other information that can help you.
- ⇒ If possible, show your work..
- ⇒ When finished, double check your answers.
- Use as much time as needed. Don’t hesitate to use all the time allotted for the test.

Combating test anxiety

- Get a good night’s sleep the night before the test, and be sure to have enough to eat before the test.
- Remember that some anxiety is normal, and even good for test taking.
 - Do not discuss the exam with classmates immediately prior to taking it. Anxiety can be contagious!
 - Eliminate negative self-statements, such as “I know I’m going to fail this test.” Instead, approach the test with confidence and positive self-statements.
 - If waiting for the start of the test causes anxiety, distract yourself with a newspaper or magazine.
- If you start to feel overly anxious, use deep breathing or mental imagery to relax before continuing the exam.

After the exam

- Take time to reward yourself. Read a magazine, take a walk, see a movie, or exercise. Do something you enjoy!
- Do not dwell on past mistakes.
- Take a break before studying for the next exam.
- Later, review what worked and what did not work in studying for this exam. Hold on to the worthwhile strategies and change the others accordingly.
- If the instructor reviews the test in class, make sure to attend. This helps reinforce the information into long term memory. You’ll also hear what the instructor was looking for in the answers, which can help you prepare for the next test.