Exam Prep: 3 Steps to Master Studying

“The practice of cramming also signals to the brain that the information being studied is not important.”

1. Gather ALL information
   - Identify information that should be learned: notes, handouts, main points from textbook.
   - Organize, condense and rewrite information. Use systems like notecards or outlines.
   - Double check your notes for accuracy. You do not want to study the wrong information.

2. Study Information gathered
   - Review information by reciting or quizzing yourself daily.
   - Continuously double check your answers for accuracy.
   - Separate the information that is accurately recited on the 1st attempt from the information that you should continue to study.

3. Study to check for learned material
   - Study in groups once you have learned the information so you can be tested.
   - Continue to go over the main points.
   - Construct your studying so that it is learning being accomplished and not memorization.

Avoid Cramming

Step 1: Keep material organized and in separate folders.

Step 2: Label important material covered in class. Be sure to focus on what the instructor shows emphasis on during lectures.

Step 3: Review and condense notes following each lecture while it is still fresh on your mind.

Step 4: Study notes weekly instead of the week or day before the exam.

Step 5: Review the material the day of exam, but let your mind rest before you start the test.

Memorizing VS Learning


Undergraduate Studies

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Exam Prep: Test Taking Errors

- Did not following directions.
- Did not read directions and each question carefully.
- Did not allocate enough time per question.
- Spending too much time on questions that carry the less weight on your grade.
- Did not review answers before submitting exam.
- Did not answer questions with a well-organized thought.
- Memorized material and did not learn the material.
- Answering questions with an opinion and not facts.
- Did not review test before submitting.

Notetaking

Prepare to take Notes....


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