

Preparing for Examinations

A. When to review

1. Frequently during the quarter - try to review subjects daily and weekly for more effective learning.
2. Schedule several final review sessions - not one long period.
3. The night before - briefly review main points and go to bed reasonably early. An appropriate amount of sleep is essential for good performance.
 - a. Cramming is undesirable but better than nothing if study has been neglected during the quarter.
 - b. Do not study immediately before test time (anxiety and memory loss may develop).

B. Study Techniques

1. Study with a purpose.
 - a. Organize materials so that main points and relationships are clear.
 - b. Study to remember - not just read over the material. (Use SQ3R)
 - c. Memorize certain materials and review frequently.
2. Predict possible questions (either essay or completion type), then write out some answers.
3. Go over previous tests in course or former tests given by instructor if available.
 - a. What kinds of questions? definitions? interpretation? application of principles? discussion?
 - b. Source of question? textbook? lecture? lab?
 - c. Understand items you missed - what was wrong with your attack on the questions? carelessness? organization of ideas? lack of completeness or clarity?
4. Cultivate an interest in the subject.
 - a. Usually something attractive about the course.
 - b. Relate subject to other interests.
 - c. Develop involvement with your subject.
 - d. Avoid making excuses for yourself. (e.g., dull professor, uninteresting course, poor memory, can't do well on objective tests)
5. Avoid distractions.
 - a. Clear desk of unnecessary objects.
 - b. Set deadlines.
 - c. Plan time schedule for study.