



## RESOURCES



**Attend class and review sessions.** No brainer right? You cannot fully prepare for an exam if you are not in class to receive the information. Review sessions are a great way to see if you fully understand the material and to get some help on the more complicated topics.







**Use office hours.** Ask your professor for help and guidance. If you do not understand the material or if you are unsure the best way to study for an exam, ask your professor. They are the experts on the course and can help set you up for success.



**Meet with a tutor.** Use tutoring as a supplemental reinforcement to your learning.

## CREATE YOUR STUDY ROUTINE & PREPARE FOR EXAMS

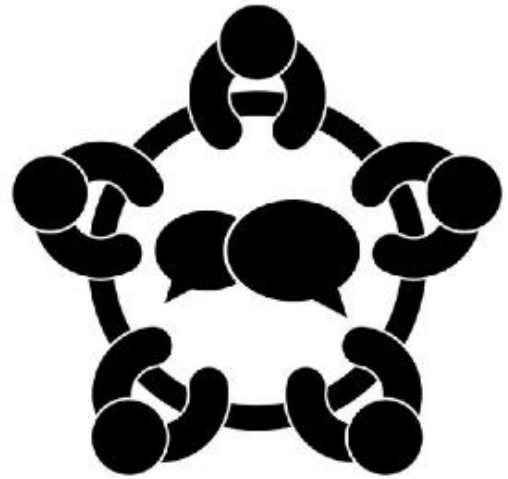
- Dedicate time each day to review notes and course readings.** Highlight key words, add visuals (graphics, charts, symbols), jot down questions in the book margins. 
- Set your intention, or your study goal, for the day.** Determine what classes you are studying, what content, and what you'd like to accomplish during your study time. Make sure to block off enough time to accomplish these goals.
- Get organized with all of your class materials & supplies.** Before studying, gather everything you need: textbooks, computer, handouts, highlighter, etc.
- Break down larger chapters/topics to avoid getting overwhelmed.** Divide large chapters or topics into smaller manageable parts. Studying in smaller chunks will help you retain information.
- Avoid cramming.** Determine how much time you need to fully understand and prepare for your exam. Start your studying at least a week in advance to allow time to fully understand the material and retain it rather than just memorization. Don't procrastinate! 
- Plan breaks.** These should be wellness breaks – physical activity, hydrate yourself, meditate. Be careful that your breaks do not turn into distractions.
- Set a specific space to study.** Consider where you focus best, where you can be most productive. Once you find a location, test it out and ask yourself: what could distract me here? Will I be comfortable with the temperature? Do I have enough space? You can find many study locations across campus if you need to study outside of your room. Check out our study location sheet for the best places to study at SRU. 
- Eliminate distractions in your study location.** Your TV and phone WILL get in the way of your productivity. Keep them turned off and away while you study.
- Use family & friends for accountability, not distractibility.** Inform family, roommate(s), and peers when you will be in your study environment and if they are in the same location, ask them to help you stay accountable to your study goal. 
- Use Study Aids.** Discover aids that work best with your learning style. Study guides, visual aids, practice tests, or mnemonic aids can help you retain the information.





## TIPS FOR STUDYING IN A GROUP

- ❖ **Come prepared:** with your notes, text book, and all relevant course material. Review your notes and readings before the study session begins.
- ❖ **As a group, set a goal.** Make sure the amount of time you plan to study aligns to your goal. And be sure to include a brief self-care break for at least 10 minutes.
- ❖ **Decide group roles.** Who will keep notes on questions that you may need to ask the professor? Who is keeping an eye on time and will bring the group back to focus if you get off topic? Who is leading the group and keeping the study session organized?
- ❖ **Decide a format and approach to studying:** are you using a study guide? Reviewing chapter summaries? Quizzing one another? Taking turns 'teaching' each other the material?



## TEST PREPARATION & TEST ANXIETY

**Stay healthy**-get plenty of sleep the night before, eat a nutritious breakfast, and drink plenty of water.

**Be positive!** Avoid negative thinking and believe in yourself. Visualize success. You have prepared and now you are ready to conquer.

**Be prepared**-make sure you have all the necessary tools-calculator, scratch paper, pencils. Know what type of test it is and how it will be graded. Then read directions thoroughly.

**Arrive early test day.** Pick a seat where you feel most comfortable. Give yourself a pep talk and focus!

**Manage your time.** Determine the pace needed to complete the exam on time and have time to review. Answering easy questions can help save time and build confidence. If you get stuck on a question, circle it and return to it later.

**Don't multitask.** Focus on one question at a time to avoid getting overwhelmed and losing focus.

**Use relaxation techniques.** If you start feeling anxious, use calm breathing and positive thoughts to certain yourself. Accept that some anxiety is normal.

**Review!** Make sure you answered all the questions. Re-read directions to make sure you answered in the proper format. Check for any careless mistakes.

**Ignore students who finish fast!** Try to focus only on you. Ignore those around you. Everyone works at their own pace.

