

Study Strategies That Do Not Work!



- **Reading** information out loud without writing it down.
- **Glossing** over notes without 'proving' you know it (by teaching someone else, by writing from memory etc).
- **Highlighting** texts or novels.
- **Reveiving** material only one time.
- **Studying** with someone else who is not equally committed and focused.
- **Staying** up really late or pulling an all nighter.

The Night Before The Exam

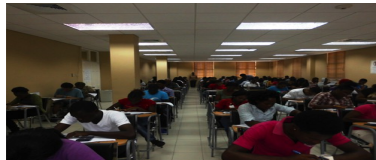
- **Review** your study notes - Use the night before the test for simple revision.
- **Revise** topics one by one - Work your way through your study notes, covering topics one by one.
- **Don't** study too late - Late night cram sessions aren't a very effective way to study.
- **Eat** a good meal - Giving your mind the brain power it needs is important if you want to do well on your test.
- **Prepare** for the morning - Gather all the materials you'll need for your test the next day. Make sure you have extra pens, pencils, erasers, and any tools you need (like a ruler or calculator). Pack everything into your backpack the night before so you can avoid last minute searching and panic the next morning.

- **Give** your brain a break - Take some time before bed to put away your study notes and relax.
- **Get** some exercise - After spending time reviewing for your test, get some exercise by going outside for a short walk. Getting a little bit of exercise will help reduce any stress you are feeling and recharge your brain.
- **Set** your alarm - Set your alarm so you don't oversleep the morning of your exam.
- **Get** a good sleep - One of the most important things the night before a test is to get a full night's sleep so your brain can remember what you've studied. Make sure you go to bed at a set time so you can wake up on test day feeling refreshed and well-rested.

The Day Of The Exam

- **Wake** up at a reasonable time so you can get read at a leisurely pace and have breakfast.
- **Arrive** early for the examination.
- **Stay** away from other stressed-out students who may get worried before the exam.
- **Admit** to yourself that you will not know all the answers on the exam but that's okay.

During The Exam



- **Whisper** a word of prayer
- **Listen** to the instructions given to you by the invigilator(s) about the exam procedures.
- **Read** the instructions on the question paper.
- **Survey** the entire exam first to see what kind of questions are being asked, length etc.
- **Quickly** budget for how much time you'll spend on each question.

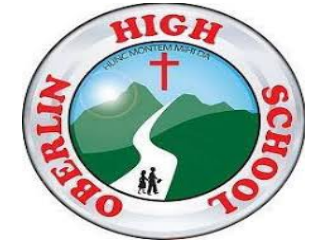
- **Read** over each question carefully.
- **Answer** easy questions first to save time and to build confidence.
- **Pick** out key words in the questions and ensure you don't misunderstand
- **Circle** any questions you have difficulty with so you can go back to them at the end of the examination.
- **For Multiple Choice**, read each question separately and determine the answer.
- **Guess If You Don't Know!**
- **Leave** at least 15 minutes at the end of the exam to review your answers and ensure you don't make silly mistakes.

“The Heights by *Great Men* reached & kept were not attained by sudden flight, but they while their companions slept, were toiling upwards through the night.”



“All The Best In Your Exams!!”

Prepared by:
Oberlin High Guidance & Counselling
Department



Preparing for Examinations



“If You Fail To Plan, You Plan To Fail!”



Studying



- **Before** you begin studying find out the format of your test and what it will cover. (You may make reference to your Examination Syllabus)
- **Go** through your notes, texts, related primary sources and handouts, and then set aside materials you don't need
- **Seek** information from people you know who have already taken the course.
- **Read:** Read slowly and carefully. Do not move ahead until you comprehend the section bring read. Take notes and highlight main points by using charts, outlines, keywords, mind maps, summaries and time lines.
- **Record/Recite:** Discuss the material you just read with a friend or recite the information aloud.
- **Review:** Survey the chapter once more. Look at the highlighted areas of notes. This will help you store and retain information in long term memory.
- **Make** a note of anything that was confusing.
- **Plan** for short frequent review sessions.

- **Prepare a Study Schedule.** Consider your study materials, the number of days until the exam, and the time you can study each day.

	MON	TUE	WED	THU	FRI	SAT	SUN
9-4	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL		
4-5	CHEM	LANG	LANG	ENGLISH	ISLANDS		
5-7							
7-7:30	BIOLOGY	TRUMPET	ENGLISH		MATHS	HISTORY	
7:45-8:30	GEO	CHEM	MUSIC		ENGLISH	MUSIC	
8:30-9	HISTORY	MATHS	BIOLOGY		BIOLOGY	MATHS	
9-9:55							

- **Take a pretest** – Some textbooks have questions at the end of the chapter. If this is not the case you can generate your own questions or search for practice test online.

Study Partner / Group

There are many benefits from from studying with others – whether is one other person or a group.



Study Partners can help you to:

- **Enhance** your understanding of the course material.
- **Master** key concepts.
- **Review** for tests and exams.
- **Work** with others with whom you feel comfortable and whom you believe to be responsible.
- **Assign** work and a set schedule for group meetings.

General Study Tips... Tested & True!



- **Begin** studying no less than 30-60 minutes after a meal.
- **Never** study with 30 minutes of going to sleep.
- **Prioritize!** Make a list of what you intend to study and prioritize the list.
- **Study** no more than 45-60 minutes a stretch, and then take breaks
- **Take** breaks away from your study area and do something different.
- **Try** to continue your daily habits as usual (don't drastically reduce your sleep, eliminate exercise, or overeat).

Creating The Right Study Environment

Consider the following when choosing a location to study:

- **Make** sure the environment is moderately comfortable (furniture, temperature).
- **Work** somewhere where you will be free of distractions.
- **Try** to use a space that is YOURS only and doesn't have to be shared with other family members.
- **Keep** the study space organized with a specific place for paper, pens, books etc.
- **Have** everything you need to study with before you sit down so you don't waste time looking for things.

Proven Study Strategies



- **Survey** – get the best overall picture of what you're going to study.
- **Question** – ask questions to reinforce your own learning.
- **Read** - actively read over the material and be alert of main ideas, bolded terms, and key understanding and details.
- **Recite** – recalling and then orally or through writing communicating the information-make connections.
- **Review** – re-reading, summarising key points, testing yourself and asking final questions.

Do You Have Problems With Concentrating?



Here are some focus strategies:

- **Study** in a set place that is naturally free of distractions.
- **When** your mind wanders, tell yourself, “now is when I must study.”
- **Stick** to a routine, realistic, and effective study schedule.
- **Focus** on your goals with the material you are studying each and everytime.
- Change your study topics every 1-2 hours to keep things interesting.
- Vary your study activities – don't try and study in the same way for more than one hour.
- Take regular scheduled breaks between 15 – 30 minutes.
- Give yourself rewards for even small achievements with studying.