



Studying for Exams



1. **Ask your instructor what the exam will cover and what kind of test it will be.** Preparing for a multiple choice test is different from preparing for an essay test. Sometimes, instructors will let you see copies of old exams. Prepare a study to-do list or outline. As you study, cross off items when you finish reviewing them.
2. **Start preparing at least a week before the test.**
 - **Day 1: Organize** all your notes and materials from class and your textbook.
 - Check if anything is missing.
 - Make up summary sheets for your notes. Write one-page summaries of each chapter or unit.
 - Spread out your notes and look for the big picture.
 - Start with the most important material first and work through to the least important.
 - **Day 2: Review** material emphasized in **Lecture Only**.
 - **Day 3: Review** material emphasized in **Text Only**.
 - **Day 4: Review** material emphasized in **Both Lecture and Text**.
 - **Day 5: Review** material emphasized in **Lecture Only**.
 - **Day 6: Review** material emphasized in **Text Only**.
 - **Day 7: Review All**
 - Emphasize weak areas
 - Include material not emphasized in either lecture or text.
3. **Use the last night to review.** You shouldn't be learning anything new the night before. The last session is only double-checking your comprehension of the information.
4. **Create your own exam questions.** Try to guess what questions will be asked. Think back about what the instructor specifically emphasized or spent a lot of time on. Chances are, this information will be on the test.
5. **Study a maximum of 2 hours per night.** The total hours of study time should equal 10-14 hours per class.
6. **Form a peer study group.** Have each member come with their own sample test questions and quiz each other over the material. Talk about any lingering questions and confusions.
7. **Use the index and glossary as study aids.** Make sure you recognize and understand terms covered in the reading you were assigned for the exam.
8. **Take care of yourself physically, especially the week before the test.** Eating regularly and getting good sleep will boost your performance. Try for at least six hours of sleep per night. Lack of sleep diminishes one's effectiveness while taking an exam. Put off socializing until after the test.
9. **Think positively.** Having a positive attitude can have dramatic effects on your test score.
10. **Don't cram for a test.** Constant review throughout the term will help you understand more than an all-night cram session—REALLY. Constant review means spending 10-15 minutes after each class reviewing notes and an additional 45 minutes each week reviewing each set of class notes and textbooks.

