

Exams at Robert Hall

2023

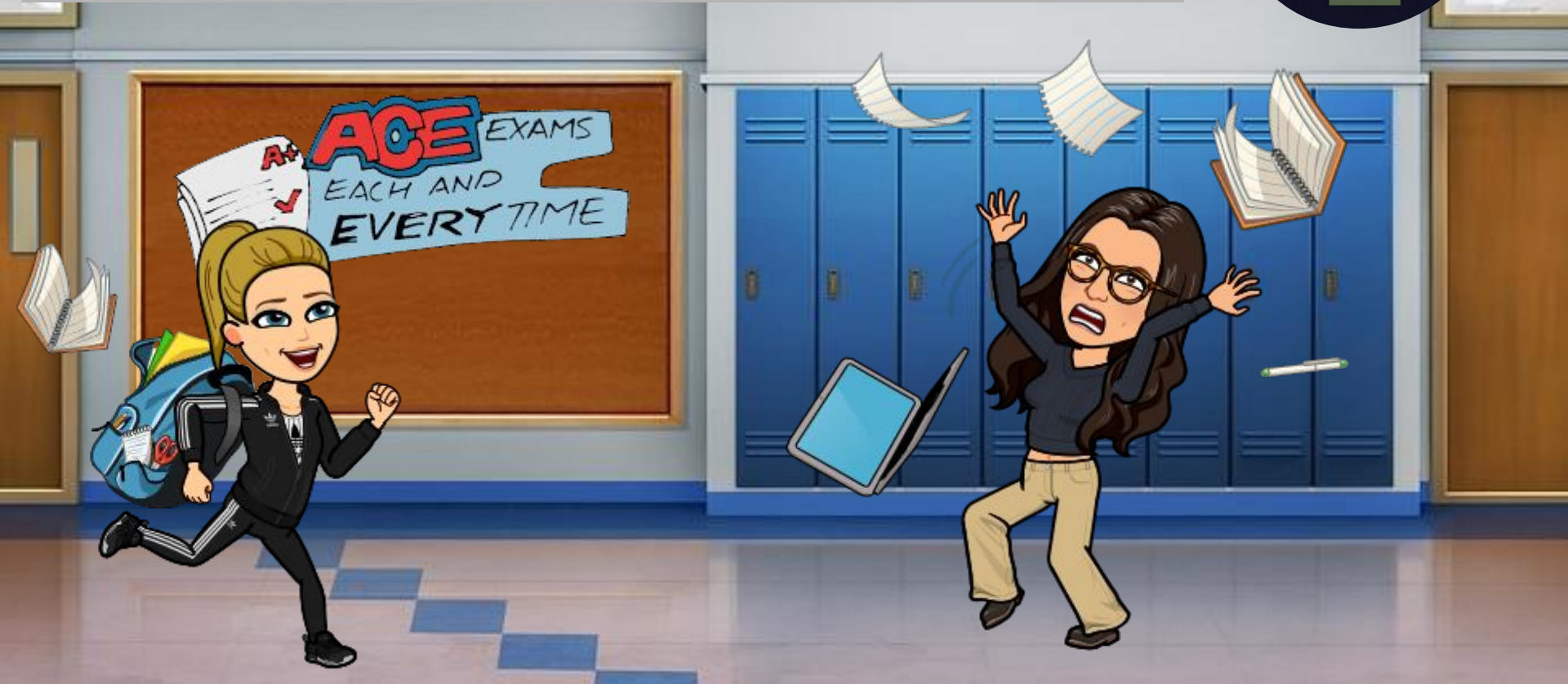


What to expect ...

Exams at Robert F. Hall

Day	Topic
Tuesday	Schedule/Day
Wednesday	What to expect
Thursday	Study Tips
Friday	Test Anxiety/Mental Health

Day 3 - Study Tips



WHAT EXACTLY IS STUDYING?

You have been told to study, but what does that actually mean?

Studying is the way you learn, practice and review information for a quiz, test or exam.

So how do you prepare?

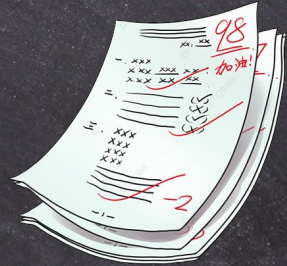
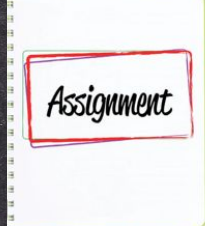
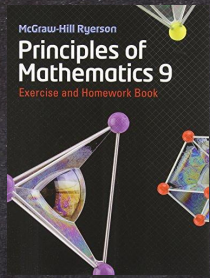


Step 1: Before You Begin

- **Make sure you know what to study!**
 - Use your course materials, your teacher, and exam review to help guide your studying.
- **Make sure you have the exam review (these will likely come to you next week).**
 - Ask about the exam breakdown:
Will it consist of multiple choice? Short answer? Essay?

Step 2: Gather Your Materials

Gather together all your course materials! It's time to review what you covered.



These aren't simply your class notes. Use your textbook, old tests/quizzes, assignment and projects as well!

You might also need these!

Pencils +
eraser



Sticky Notes



Highlighters



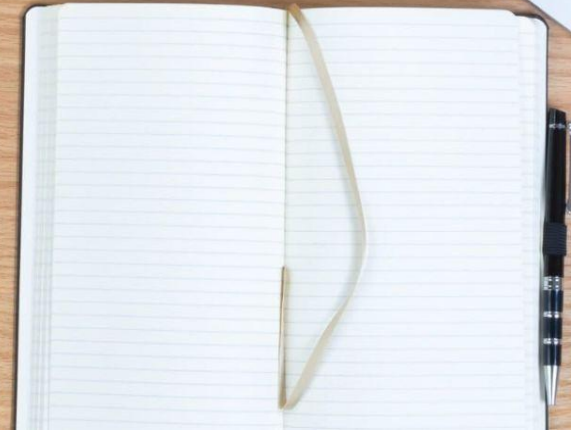
Pens



Calculator



Lined Paper

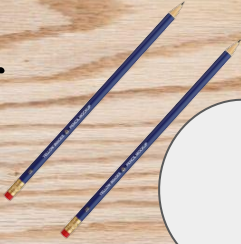


You might also need these!

Sticky Notes



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Calculator



TIP: Try to have everything you might need in front of you. That way you can minimize distractions (and procrastinating) by having to get up and find materials.

ed Paper



Step 3: Start Building Your Study Notes

Handwritten or
Computer?



Step 3: Start Building Your Study Notes

The answer? Whichever works best for you!
-If you type your notes, it would likely be helpful to print them out so that you can highlight key concepts and add extra notes as needed



Step 3: Start Building Your Study Notes

Review Your Materials

Focus on the MAIN IDEAS

Ask yourself: What were the most important concepts taught in each unit?

Tip: Start working 1 unit at a time, even 1 chapter at a time!

What Materials Do
I Use to Review?

Class Notes

Handouts

Your Textbook/Workbook

Tests/Quizzes/Labs/Assignments

Focus on the
MAIN IDEAS

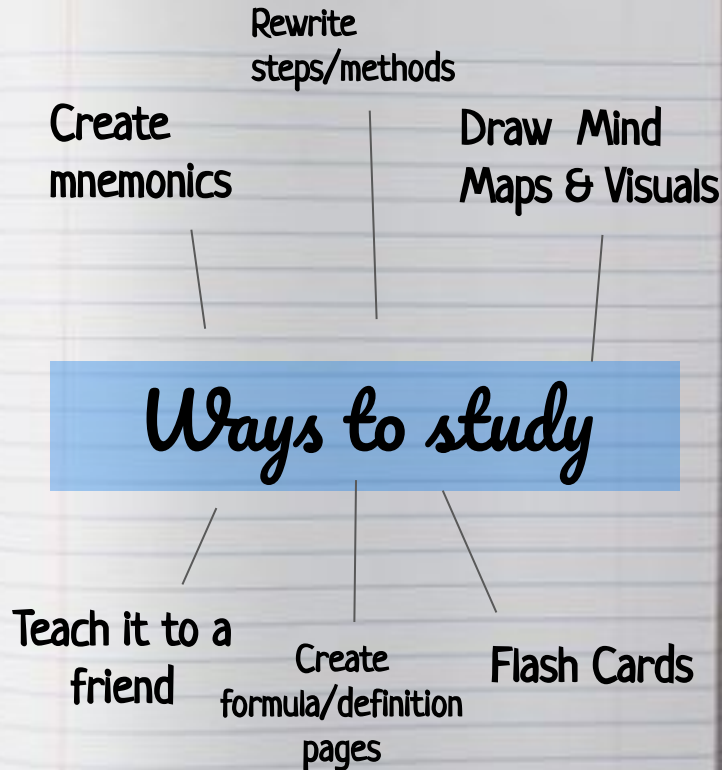


Step 3: Start Building Your Study Notes

Organize, Condense & Rewrite

Colour code units of study and concepts, if you find it helpful.

You may choose to type study notes on a computer or handwrite (might help for memory retention)



Step 3: Start Building Your Study Notes

Organize, Color
& Rewrite

Colour code units or
concepts, if you find

You may choose to type
notes on a computer or
handwrite (might help for
memory retention)

To get the most out of
your studying, don't simply
rewrite your notes and
read them over and over.
Use a variety of ways to
study; including the use of
your friends/classmates.

Rewrite
steps/methods

Draw Mind
Maps & Visuals

study

Teach to a
friend

Create
formula/definition
pages

Flash Cards

Once you've CREATED YOUR
NOTES, it's time to study!

Step 4: Time To Study!!!



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Tip #1 – Chunk your Time



 Study in small, short chunks

- *More frequent yet shorter sessions are more effective than 1 long study session (or cramming!).*
- *Make sure you take breaks!*

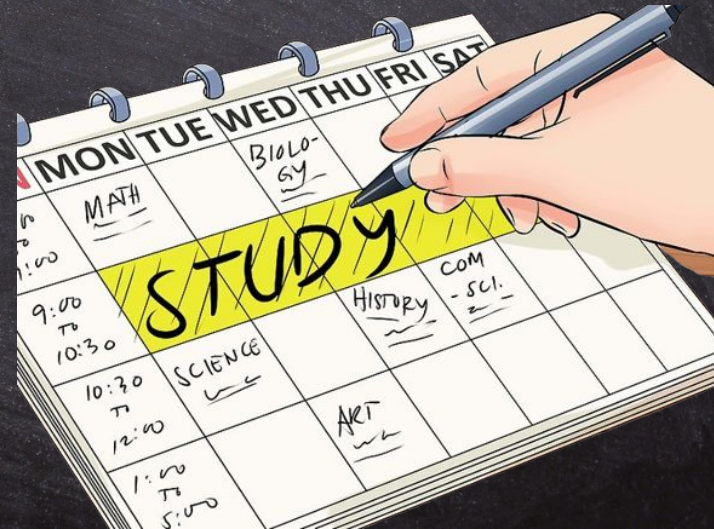
Step 4: Time To Study!!!

Tip #2 – Create a Study Schedule



Create a time each day that is set aside for study

- Write it down, put it in your phone and *STICK TO IT!*



Step 4: Time To Study!!!

Tip #3 – Create Study Tools



Flash cards, mind maps, mnemonics etc.

- *These tools will be far more effective than simply re-reading your notes over and over.*



Step 4: Time To Study!!!

Tip #4 – Set a GOAL every time you study



What do you want to achieve?

- *Don't study aimlessly. Having a goal in mind and give your session a purpose. Check it off when complete!*

Step 4: Time To Study!!!

Tip #5 – Study with a Friend!



Study with a partner and pick tasks to actually “teach” to each other

- You can take turns using the major concepts from your course/unit.



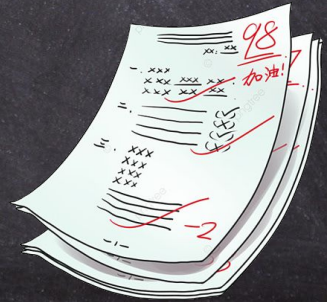
Step 4: Time To Study!!!

Tip #6 – Practice, Practice, Practice!



Using your textbook, past quizzes and tests, labs, assignments etc.

- This will help identify gaps in your knowledge



Step 4: Time To Study!!!

Tip #7 – Have a Designated Spot for Study



Find a quiet place to study. Make sure it has all the materials you will need.



A desk/table and straight-backed chair is usually best!

- Don't get too comfortable – a bed is a place to sleep, not study!*



Step 4: Time To Study!!!

Tip #8 – Minimize Distracting Noise



Minimize distracting noise

- *Some people need some sound while some prefer silence. Find what works best for you.*



Use proper lighting.

- It's hard to feel motivated sitting in the dark!



Step 4: Time To Study!!!

Tip #9 – Turn Off Your Phone



Consider a “do not disturb sign” and turning your phone off

- *Let voicemail take your calls. You can catch up with people later!*





Studying requires a lot of hard work and determination!
Be calm and **patient with yourself** as you review the material.
You **CAN DO THIS!!**

SUCCESS

⇒ go get it →