OVERVIEW OF SERVICES

Academic Coaching
Psych 131: Academic Skills Workshops
Tutoring Services
Supplemental Instruction (SI)
To create a plan to be successful for future exams.

OBJECTIVE & ROADMAP

How do you Study?
5-Day Study Plan
Review & Study Strategies
Structuring Study Time
Study Tips & Tricks
Exam Preparation

- What are some ways you have prepared for tests in the past?
- How far in advance?
EXAM PREP RESOURCES

5-Day Study Plan
5-DAY STUDY PLAN

5 Day Study Plan

When you have a large amount of material to study for a test, commit yourself to about 2 hours per day of very structured study time.

FIRST - GET ORGANIZED

The 5-Day Study Plan begins with dividing the material you need to study (i.e. chapters in your text and corresponding lecture notes) into 4 equal parts: A, B, C, D (with “A” being the older material and “D” being the most recently covered material). For example, if chapters 1-8 of your Psychology text will be on your upcoming test, you can divide them as follows: A= Ch. 1-2; B= Ch. 3-4; C= Ch. 5-6; D= Ch. 7-8.

List your four groups of study materials here:

A: __________________________________________________________
B: __________________________________________________________
C: __________________________________________________________
D: __________________________________________________________

Next - SELECT PREPARATION AND REVIEW STRATEGIES:

For each of your four groups of study materials (A, B, C, D), you will need to select 2-3 PREPARATION and REVIEW strategies. Take a look at the examples below (feel free to add your own!)

### Create Your 5-Day Study Plan

Select 2-3 PREPARATION and REVIEW strategies for each of your four groups of study materials, and list them in your 5-Day Study Plan chart. Make sure that your review strategies complement your preparation strategies. EX: PREPARE strategies: create outline, make flashcards. REVIEW strategies: review flashcards, self-quiz on outline. Then, follow the plan, noting the rotation of the different groups of materials (A, B, C, D) and how much time is spent on each one.

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prepare Part A: 2 hrs</td>
<td>Prepare Part B: 2 hrs</td>
<td>Prepare Part C: 1.5 hrs</td>
<td>Prepare Part D: 1 hr</td>
<td>Review Part D: 25 min</td>
</tr>
<tr>
<td>Review Part A: 30 min</td>
<td>Review Part B: 30 min</td>
<td>Review Part B: 15 min</td>
<td>Review Part B: 15 min</td>
<td>Review Part D: 15 min</td>
</tr>
</tbody>
</table>

**TOTAL:** 2 hours | **TOTAL:** 2.5 hours | **TOTAL:** 2 hours, 15 min | **TOTAL:** ~2 hours | **TOTAL:** ~2 hours

**Prepare:**

Day 1: Prepare Part A

Day 2: Prepare Part B

Day 3: Prepare Part C

Day 4: Prepare Part D

Review:

Day 1: Review Part A

Day 2: Review Part B

Day 3: Review Part B

Day 4: Review Part B

Self-test on A, B, C, D: 1 hr
Review & Study Strategies

You have an exam next week. What is your plan of action?
**REVIEW & STUDY STRATEGIES**

1. Repetition and review is key

2. Utilize notes, textbook, and homework as study tools

3. Avoid simple memorization and focus on understanding
Structuring Study Time

Pomodoro Technique | Intense Study Session
POMODORO TECHNIQUE

1. Select a task you want to complete
2. Set timer to an amount of time (20-30 minutes)
3. Work until timer rings
4. Take a short 5-10 minute break
5. Repeat
1. Set a Goal (1-2 minutes)
What do I want to accomplish in my study session?

2. Study with Focus (30-50 minutes)
How am I going to interact with the material? Will I re-read? Summarize? Fill in notes?

3. Reward Yourself (10-15 minutes)
What will I do to take a break and not get distracted?

4. Review (5 minutes)
What questions do I still have after going over what I just studies?
QUICK STUDY TIPS & TRICKS

PREPARE
• Know exam details
  • Date, Location, Amount of Time, Type
• Make a list of topics covered in exam
• Identify unfamiliar topics

PRACTICE
• Reflect on ideal study environment
  • Time & place
• Turn off or silence your phone and other distractions
• Reward yourself!

PERFORM
• Positive mindset
• Preview the whole exam
• Watch your time
Final Reflection

What is one thing that was presented today that you would like to implement into your future exam prep?
POST-WORKSHOP SURVEY

https://tinyurl.com/y53vqjuz
1060 Hixson-Lied Student Success Center
Find us off the 23 orange bus route
Phone: 515-294-6624
• Email: success@iastate.edu
• Web: www.asc.dso.iastate.edu