EXAM PREPARATION
We support. You succeed.
IOWA STATE UNIVERSITY
Academic Success Center
1060 Hixson-Lied Student Success Center
OVERVIEW OF SERVICES

Academic Coaching
Psych 131: Academic Skills
Workshops
Tutoring Services
Supplemental Instruction (SI)
OBJECTIVE & ROADMAP

To create a plan to be successful for future exams.

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

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 1-6 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 A: 2 hrs</td>
<td>Prepare B: 2 hrs</td>
<td>Prepare C: 1.5 hrs</td>
<td>Prepare 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 C: 30 min</td>
<td>Review Part D: 15 min</td>
<td>Review Part C: 15 min</td>
</tr>
<tr>
<td>TOTAL: 2 hours</td>
<td>TOTAL: 2.5 hours</td>
<td>TOTAL: 2 hours</td>
<td>TOTAL: 2 hours</td>
<td>TOTAL: 2 hours</td>
</tr>
</tbody>
</table>

Prepare:
Review:

Prepare:
Review:

Prepare:
Review:

Prepare:
Review:
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

Select a task you want to complete
Set timer to an amount of time (20-30 minutes)
Work until timer rings
Take a short 5-10 minute break
Repeat
INTENSE STUDY SESSIONS

1. Set a Goal (1 - 2 minutes)  Decide what you want to accomplish in your study session
2. Study with Focus (30 - 50 minutes)  Interact with material – organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
3. Reward Yourself (10 - 15 minutes)  Take a break – call a friend, play a short game, get a snack
4. Review (5 minutes)  Go over what you just studied
WORK TIME
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/yc2eabym
FOLLOW US ON INSTAGRAM AND TWITTER @iowastateasc
CONTACT US

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