OVERVIEW OF SERVICES

Academic Coaching
Psych 131: Academic Skills
Presentations/Workshops
Tutoring Services
Supplemental Instruction (SI)
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

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!):

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.

Create Your 5-Day Study Plan

<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>Review Part A: 15 min</td>
<td>Review Part B: 15 min</td>
<td>Review Part C: 15 min</td>
<td>Review Part D: 10 min</td>
<td>Review Part B: 10 min</td>
</tr>
<tr>
<td>TOTAL: 2 hours</td>
<td>TOTAL: 2.5 hours</td>
<td>TOTAL: 2 hours, 15 min</td>
<td>TOTAL: 2 hours</td>
<td>TOTAL: 2 hours</td>
</tr>
</tbody>
</table>

Prepare:

Review:

Prepare:

Review:

Prepare:

Review:
Review & Study Strategies

You have an exam next week. What is your plan of action?
Repetition and review is key.

Utilize notes, textbook, and homework as study tools.

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
<table>
<thead>
<tr>
<th>Step</th>
<th>Time Frame</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Set a Goal</td>
<td>1-2 minutes</td>
</tr>
<tr>
<td></td>
<td>What do I want to accomplish in my study session?</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Study with Focus</td>
<td>30-50 minutes</td>
</tr>
<tr>
<td></td>
<td>How am I going to interact with the material? Will I re-read? Summarize? Fill in notes?</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>Reward Yourself</td>
<td>10-15 minutes</td>
</tr>
<tr>
<td></td>
<td>What will I do to take a break and not get distracted?</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>Review</td>
<td>5 minutes</td>
</tr>
<tr>
<td></td>
<td>What questions do I still have after going over what I just studies?</td>
<td></td>
</tr>
</tbody>
</table>
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
CONTACT US

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