OVERVIEW OF SERVICES

Academic Coaching
 Psych 131: Academic Skills
Presentations/Workshops
Tutoring Services
Supplemental Instruction (SI)
To recognize previous exam performance and create a plan to be successful for future exams.

Study Strategies
Time Management for Exams
Test Formats
Exam Logistics
STUDY STRATEGIES

Quick Tips | Bloom’s Taxonomy
QUICK STUDY TIPS

Read over the handout and identify anything new you might want to try OR something that you’ve already been doing that works for you
BLOOM’S TAXONOMY OF LEARNING

Theoretical framework

Different levels of thinking
TIME MANAGEMENT

5-Day Study Plan | Weekly Schedule | Cramming | Prioritization
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 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>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:

Prepare:
Review:
### WEEK AT A GLANCE

#### Weekly Schedule Exercise
1. Classes
2. Work/Student Orgs
3. Eating/Sleeping/Working Out
4. Weekend non-negotiables
5. Study time (at least 3 hours/day)

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 AM</td>
<td><em>Review Spanish Notebooks</em></td>
<td>Wakeup</td>
<td>Wakeup</td>
<td>Wakeup</td>
<td>Wakeup</td>
<td>Wakeup</td>
<td></td>
</tr>
<tr>
<td>7:00 AM</td>
<td><em>Attend Biology Lab Session</em></td>
<td>BIOC 211</td>
<td>BIOC 211</td>
<td>BIOC 211</td>
<td>Wakeup</td>
<td>Wakeup</td>
<td></td>
</tr>
<tr>
<td>8:00 AM</td>
<td><em>Go to Calc Tutor</em></td>
<td>Study</td>
<td>Wakeup</td>
<td>Study</td>
<td>Wakeup</td>
<td>Study</td>
<td></td>
</tr>
<tr>
<td>9:00 AM</td>
<td><em>Laundry</em></td>
<td>11:00 AM</td>
<td>12:00 PM</td>
<td>1:00 PM</td>
<td>2:00 PM</td>
<td>3:00 PM</td>
<td>4:00 PM</td>
</tr>
<tr>
<td>9:00 AM</td>
<td><em>Meal Prep</em></td>
<td>Math 165</td>
<td>Study</td>
<td>Math 165</td>
<td>Study</td>
<td>Math 165</td>
<td>Study</td>
</tr>
<tr>
<td>10:00 AM</td>
<td><em>Eating/Sleeping/Working Out</em></td>
<td>ENGL 250</td>
<td>ENGL 150</td>
<td>ENGL 250</td>
<td>ENGL 150</td>
<td>ENGL 250</td>
<td>ENGL 150</td>
</tr>
<tr>
<td>11:00 AM</td>
<td><em>Weekend Non-negotiables</em></td>
<td>Span 97</td>
<td>Study</td>
<td>Span 97</td>
<td>Study</td>
<td>Span 97</td>
<td>Study</td>
</tr>
<tr>
<td>12:00 PM</td>
<td><em>Start Writing English Paper</em></td>
<td>Math Club</td>
<td>Bio Lab</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
<td>Study</td>
</tr>
<tr>
<td>1:00 PM</td>
<td><em>Practice Spanish Presentation</em></td>
<td>Bio Lab</td>
<td>Study</td>
<td>Spanish Club</td>
<td>Study</td>
<td>Spanish Club</td>
<td>Study</td>
</tr>
<tr>
<td>2:00 PM</td>
<td><em>Biology Quiz</em></td>
<td>Netflix</td>
<td>Netflix</td>
<td>Netflix</td>
<td>Netflix</td>
<td>Netflix</td>
<td>Netflix</td>
</tr>
<tr>
<td>3:00 PM</td>
<td><em>My Weekly Schedule</em></td>
<td>To-Do List</td>
<td>To-Do List</td>
<td>To-Do List</td>
<td>To-Do List</td>
<td>To-Do List</td>
<td>To-Do List</td>
</tr>
</tbody>
</table>

*Note: Times are approximate and may vary.*
The ASC does not recommend cramming for exams. However, if you find yourself in that situation, here are some strategies:

- You cannot study everything
- Relax…as best you can
- Think about what the instructor will test you on
- Skip the less important information
PRIORITIZATION

What happens when life starts getting hectic?
There are so many things to do, and not enough time.
ABC To-Do List

• Assign a priority status of “A,” “B,” or “C” to each of the items of your to-do list or task list.

• It allows you to take a total inventory (called the Mind Dump) of everything then fill them into the high, medium, or low priority categories for each day of the week.

• Just remember that whatever doesn’t get completed will need to be carried over to the next day!
STRATEGIES FOR DIFFERENT FORMATS

Short Answer | Essay | Open Book Exams | True/False | Multiple Choice | Math and Science Problems
DIFFERENT TEST FORMATS

Short Answer
• Be clear and concise

Essays
• Study outlining your answer for possible essay prompts

Open Book Exams
• Study just as much as you would for an in-class exam. They are usually timed tests!
• Index your notes/book for quick reference

True/False
• Be cautious extreme wording, these tend to be false

Multiple Choice/Objective Tests
• Read questions carefully
• Eliminate obviously wrong options

Math and Science Problems
• List the knowns
• Think about similar practice problems
WORK TIME
EXAM LOGISTICS
Things to check before the exam:

Time?
Location?
Grade you need?
Is the exam cumulative?
Which tests are going to require more studying than others?
FOLLOW US ON INSTAGRAM AND TWITTER @iowastateasc
CONTACT US

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• Web: www.asc.dso.iastate.edu