

**In what courses do I have final exams, final projects, or final papers this semester?**

Subject	Date of Exam/Due Date	Material Covered	Desired Grade

## 1. YOUR ENVIRONMENT

*Where you choose to study can be predictive of how well you study.*

**Think of a time where you have been particularly productive studying on/off campus.**

- List that location here: \_\_\_\_\_
- Would you consider studying there again for finals? (yes/no) Circle one

**Be aware of the following items when considering new study environments:**

- |                  |                |                |
|------------------|----------------|----------------|
| 1. Distractions  | 3. Temperature | 5. Lighting    |
| 2. Interruptions | 4. Seating     | 6. Noise-level |

**The best times to study are...**

- During the day and early evening because you'll process more & easily remember the information
- Where there are few competing activities in progress
- When you are rested
- After you have exercised

**Examples of Study Locations at Longwood University:**

Quiet/Isolated Locations:

Empty classrooms

Residence halls

Library-Quiet Study Rooms (2<sup>nd</sup> floor)

Background Noise/Small Distractions

Library-Behind the stairwell in the Atrium

Ruffner

Grainger

## 2. YOUR STRATEGY

It is important to be effective while studying. This can eliminate wasted time studying without purpose or reason.

Do you find yourself studying by simply reading and re-reading your notes? Often, this may not be enough.

*The solution: Understand the material on a deeper level*

This pyramid represents the magnitude of learning that occurs.



The lower levels represent shallow understanding of materials.

The higher levels represent mastery of materials. Aim for the top when you study.

**Remembering:** can you recall the information?

*Create charts and lists. Recite information*

**Understanding:** can you explain ideas or concepts?

*Summarize, draw, and teach others*

*Model, build, present to novice audience*

**Analyzing:** can you distinguish between different parts?

*Chart, plan, question, and organize concepts*

**Evaluative:** can you justify why it is that way?

*Critique, evaluate, and recommend future directions*

**Creating:** can you create a new product or point of view?

*Produce a new game, poem, story, or algorithm using material*

- Which levels do you use while studying? \_\_\_\_\_
- Which level do you wish to achieve in the future? \_\_\_\_\_

### 3. YOUR APPROACH

#### Quick Study Tips:

**1) Set a learning objective for each study session.** This way you will know when you can stop for the day.

a. Example: Today, I will master the process of photosynthesis.

**2) Make a content map to organize the knowledge you are learning.** This will help you move into the higher levels of learning discussed on the Learning Pyramid.

#### 3) Three Questions to Reflect on Importance of Material

Identify an important concept from your text or notes, then...

a. Describe (Why it is important?)

b. Write (How does it relate to your life?)

c. List (one question you still have regarding this concept)

#### 4) Consolidating Notes

a. Gather all of your lecture and text notes. Combine to 1 single page. Master material.

b. Once you have mastered all material, reduce information to 5x8 card.

c. Finally, reduce information to 3x5 card

d. Quiz yourself using the 3x5 card. You should now know all concepts and how they relate.

**5) Create a highlighted color-coded note system to help remember important information.** For example: Yellow = people, Green = places, and Orange = dates.

**6) Study difficult or “boring” subjects first.** The courses we find most difficult often require the most creative energy. Save your favorite subjects for later.

**7) Promise yourself a suitable reward** (a piece of candy, a phone call, a walk) whenever you finish something that was hard to undertake.

**Pick 3 study strategies you will begin implementing today and write below:**

1.

2.

3.

**4. YOUR 7 DAY PLAN:****Exam Preparation:** Center for Academic Success**7 Day Study Strategy**

The space below should be used to divide up your work into sections to study.

**\_\_ Day 1: EVALUATE and ORGANIZE!**

- What grade do you need to get on this test? What grade do you want to get?
- What does the test cover?
- How caught up in the course are you (1 being not at all, 10 being completely)?
- What study materials do you have?
- What are you missing?

**\_\_ Day 2: Topics to Cover:** \_\_\_\_\_

Recommended: G,A,B, C, D, E,F,K

**\_\_ Day 3: Topics to Cover:** \_\_\_\_\_

Recommended: B, C, D, E, G, H,I,K

**\_\_ Day 4: Topics to Cover:** \_\_\_\_\_

Recommended: D,I,J,K

**\_\_ Day 5: Topics to Cover:** \_\_\_\_\_

Recommended: G,I,J

**\_\_ Day 6: Topics to Cover:** \_\_\_\_\_

Recommended: G,I,J

**\_\_ Day 7: General Review and Weak Areas**

- Use the day before the test to review.
- At this point no new information should need to be learned, focus on difficult or weak areas, or those areas you are not completely comfortable with.
- Get good rest

**Test Day:**

- Normal daily routine
- Eat a light meal
- Don't over use/under use caffeine (do what you would do during as if you didn't have a test that day).
- Minimal review of material (we tend to remember the mainly the last things we read so too much review could make you forget some of the material and only be focused on a specific topic/idea).

- Example Study Techniques. (Mix and Match!)
- Create an outline
  - Re-read lecture slides, elaborate and add notes. (Which lectures?)
  - Review class notes, rewrite key points
  - Compare/go over notes with a friend/study group, find out what you missed
  - Re-Read Chapter with SQ3R (Which chapter?)
  - Read Chapter Summary and Key terms
  - Do practice test(s), in a test-like setting
  - Fill out/answer study guide, from memory first, then with notes/book
  - Compare lecture notes with notes taken from the text (and/or other outside resources) to see what points are emphasized in both sets of materials, and also the information that is not stated in one but the other.
  - Visit office hours with questions
  - Other: \_\_\_\_\_

<b>Dead Week</b>	<b>SAT April 18</b>	<b>SUN April 19</b>	<b>MON April 20</b>	<b>TUES April 21</b>	<b>WED April 22</b>	<b>THURS April 23</b>	<b>FRI April 24</b>
7-8am							
8-9am							
9-10am							
10-11am							
11-12pm							
12-1pm							
1-2pm							
2-3pm							
3-4pm							
4-5pm							
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6-7pm							
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8-9pm							
9-10pm							
10-11pm							
11-MID							

<b>Finals Week</b>	<b>SAT April 25</b>	<b>SUN April 26</b>	<b>MON April 27</b>	<b>TUES April 28</b>	<b>WED April 29</b>	<b>THURS April 30</b>	<b>FRI May 1</b>
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11-MID							

**YOUR NOTES:**