Exam Preparation
Academic Success Center
ASC Programs & Services

**Individualized Support**
- Academic Skills Coaching
- Writing & Communication Consultations
- ASC Navigator

**Course Support**
- Tutoring Services
- Supplemental Instruction

**Other Outreach**
- PSYCH 131
- Workshops
Objective & Roadmap

To create a plan for success on future exams.

Exam Prep Reflection
Exam Prep Resources
Other Exam Prep Tips & Tricks

Review & Study Guidelines
Structuring Study Time
Exam Preparation Reflection

What are some ways you have prepared for exams in the past?
How far in advance did you start preparing?
Review & Study Guidelines

1. Repetition is key

2. Use class materials (notes, textbook, homework) as study tools

3. Avoid simple memorization and focus on understanding
Exam Prep Resources

In this presentation:
• 5 Day Study Plan

Others available on the ASC website:
• 7 Day Study Plan
• Test Autopsy
5 Day Study Plan

Break Down the Material

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:

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>A:</td>
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<td>B:</td>
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<td>C:</td>
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**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):

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## Plan your Study Time

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>
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</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 C: 30 min</td>
<td>Review Part D: 10 min</td>
<td>Review Part C: 15 min</td>
</tr>
</tbody>
</table>

**TOTAL: 2 hours**

<table>
<thead>
<tr>
<th>Day 1</th>
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<th>Day 3</th>
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<th>Day 5</th>
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</thead>
<tbody>
<tr>
<td>Prepare:</td>
<td>Prepare:</td>
<td>Prepare:</td>
<td>Prepare:</td>
<td>Prepare:</td>
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<tr>
<td>Review:</td>
<td>Review:</td>
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<td>Review:</td>
</tr>
</tbody>
</table>

**TOTAL: ~ 2 hours**
Structuring Study Time

Pomodoro Technique

Intense Study Sessions
Pomodoro Technique

Select a task you want to complete
Set a timer for 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
5 Day Study Plan
# Other Exam Prep Tips & Tricks

## Prepare

Know exam details
- Date, Location, Time
- In-person/Virtual
- In-class/Exam Center
- Note sheet allowed? Open notes?

Make a list of topics to be covered in the exam
- Identify topics you are less familiar with

## Practice

Identify your ideal study environment
- Location, Time of day
- On your own, or with friends/classmates

Silence your phone and other distractions

Take breaks!

## Perform

Keep a positive mindset

Preview the exam before starting the first question

Be mindful of the time
Final Reflection

What is one thing you heard today that you would like to try while preparing for your next exam?
Post-Workshop Survey

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2157 Hixson-Lied
Student Success Center
Find us off the 23 Orange bus route
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Website: www.asc.dso.iastate.edu
Phone: 515-294-6624
Email: success@iastate.edu