



IOWA STATE UNIVERSITY

Academic Success Center

2157 Hixson-Lied Student Success Center

The background of the slide is a photograph of the Iowa State University campus, featuring the Old Capitol building with its prominent dome on the left and various other university buildings and trees in the distance. The entire image is covered with a semi-transparent red overlay.

Exam Preparation

Academic Success Center

IOWA STATE UNIVERSITY

ASC Programs & Services

Individualized Support

- Academic Skills Coaching
- Writing & Communication Consultations
- ASC Navigator

Course Support

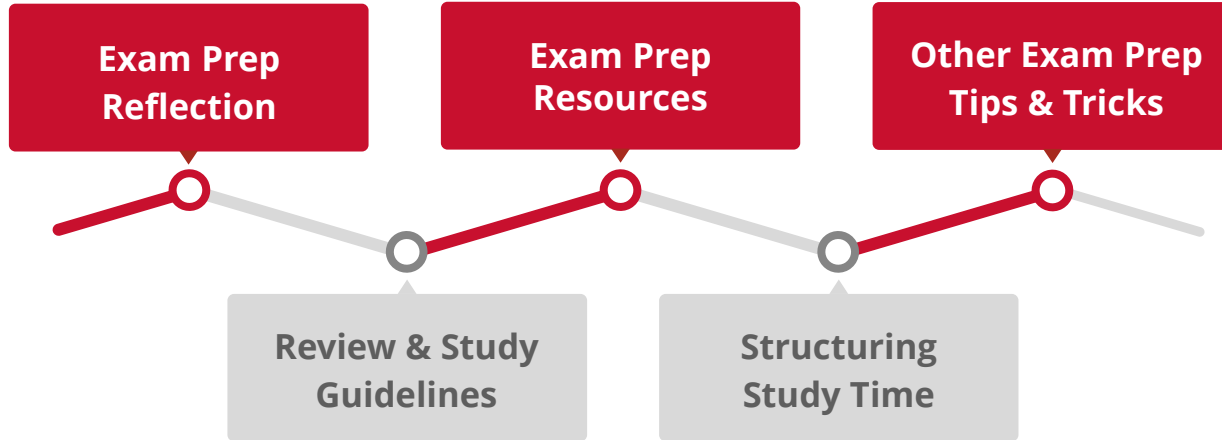
- Tutoring Services
- Supplemental Instruction

Other Outreach

- PSYCH 131
- Workshops

Objective & Roadmap

To create a plan for success on future exams.





Exam 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

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!):

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.

Day 1	Day 2	Day 3	Day 4	Day 5
Prepare Part A: 2 hrs	Prepare Part B: 2 hrs Review Part A: 30 min	Prepare Part C: 1.5 hrs Review Part B: 30 min Review Part A: 15 min	Prepare Part D: 1 hr Review Part C: 30 min Review Part B: 15 min Review Part A: 15 min	Review Part D: 25 min Review Part C: 15 min Review Part B: 10 min Review Part A: 10 min Self-test on A, B, C, D: 1 hr
TOTAL: 2 hours	TOTAL: 2.5 hours	TOTAL: 2 hours, 15 min	TOTAL: ~ 2 hours	TOTAL: ~ 2 hours
Prepare:	Prepare: Review:	Prepare: Review:	Prepare: Review:	Prepare: Review:

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

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 |

A close-up photograph of a person's hands writing in a spiral-bound notebook on a white marble surface. The person is wearing a silver watch on their left wrist. The notebook is open, showing a grid-like layout. A red semi-transparent banner is overlaid on the bottom half of the image.

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?

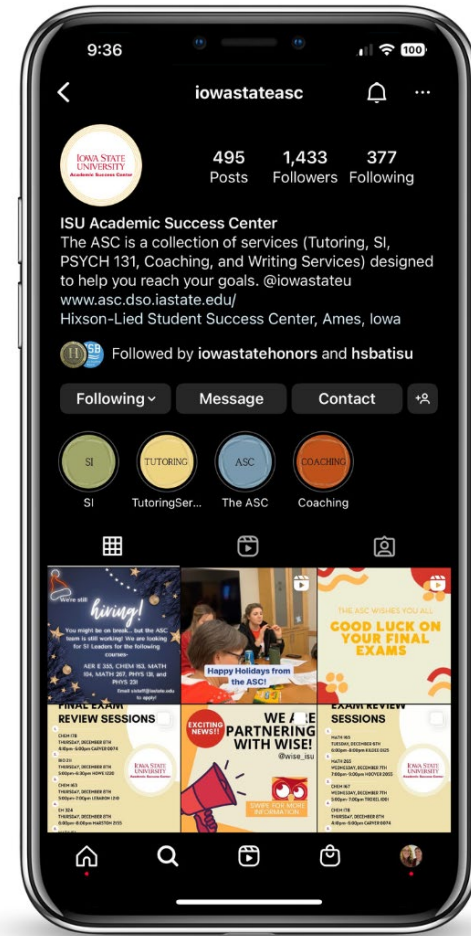
Post-Workshop Survey



<https://tinyurl.com/yc857ka7>

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Contact & Visit Us

2157 Hixson-Lied Student Success Center

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across from Maple Hall!*

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