Preparing for Tests

(Hint: It does not involve freaking out)

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Absent Professor Program
The 5-Day Study Plan

• Most students learn more if they follow a long-term plan for review before an exam.
• Each day is devoted to specific activities.
• You may want to make time adjustments and do what works best for you.
Before the countdown

- Collect all materials needed to review.
- Schedule at least three 20-30 minute review sessions for each day.
- Plan the content of each review session.
- Make a calendar with specific times, activities and subject matter.
Day 5- Reading Assignments

• Set a timer for 20-30 minutes. Schedule a 5-10 minute break between each session.

• Reading must be completed on this day.
Day 4- Textbook material

• Set timer for 20-30 minutes, with 5-10 minute breaks.

• Review all textbook reading material.

• Review questions at the end of the chapters.

• Review each instructor-made study guide.
Day 3- Vocabulary

- Set your timer and schedule breaks.
- Study your vocabulary words systematically, using either self-made cards or a glossary. Try to recall the definition while looking at the word, then reverse.
- Do not keep studying in the same order.
- Be sure you can:
  - give the definition,
  - recall the term from the definition,
  - spell the word correctly,
  - give an example.
Day 2- Lecture notes

- Set your timer and schedule breaks.
- Review all your lecture notes and handouts.
- Make outlines or use mapping techniques to organize material.
- Try to anticipate questions that may be on the test.
Day 1- Problem Areas

• Set your timer and schedule breaks.
• Review and concentrate on “trouble” spots of the past four days-
  • notes,
  • textbook,
  • study guides,
  • handouts,
  • vocabulary.
• Plan to complete these activities early so the evening before the exam is free for relaxation.
RELAX!

- At this point, you should feel confident that you are prepared for the exam.
Questions?
Images

- pickettsmill.typepad.com
- stress-management-for-peak-performance.com
- artsjournal.com
- lifehack.org
• All information for the 5 Day Study plan is taken from Michael Frizell, Absent Professor Program Director
THANK YOU!

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For questions about…

The Absent Professor Program & Prefects
http://AbsentProf.MissouriState.edu

Group-Led Educational Experience (GLEE)
Formerly:
The Supplemental Instruction Program (SI)
http://SI.MissouriState.edu

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For questions about…

Subject- Area Tutoring
Math Drop-In Tables
Focused Drop-In Tables
Study Skills Specialists