

Exam Success

Are you a Planner or a Crammer?

One more study review and I think I am ready!



If I cram all night, I'll get 7 hours of study in!

Study Strategies that Work

Sleep Counts!

University Students and Sleep



OVER 70%
report SLEEP
DEFICIT

Sleep Deprivation



GPA

Not getting enough sleep affects concentration and memory, which can ultimately lead to a lower GPA.



7-8 hours

Adults need at least 7 hours. Consistent times for going to bed and waking are best.



1. Daily Review

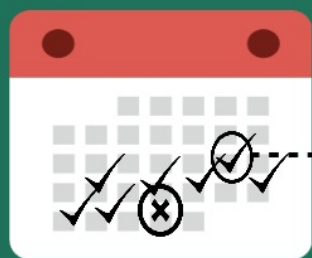


10 minutes

Even 10 minutes of review within 24 hours of a class lecture is proven to help store information in long term memory.

3. Distributed Practice

Schedule in daily study time and start at least one week early.



2. No Distractions

Have a designated study space and eliminate distractions. That means no social networking sites, no texting - you need focus time!

TOP 2 strategies

Distributed Practice and Self-Testing

4. Study in Intervals

Study in 20-25 minute intervals and give yourself a 5 minute break. Repeat. As you practice this you may be able to increase the time.



5. Use a Study Outline

6. Self Test

Use exam banks, flash cards, turn key concepts into questions. Can you say the answer out loud? Can you write down the answer in your own words?

Create a checklist of terms, facts and concepts that you can use for self testing.

Prioritize your study time!

1. What topics and content need to be studied?
2. What is the format of the test?
3. Do you know the weight of content on the test? For example chp. 1-4 are 50% and chp 5,6 make up the other 50% of test.



Look at your syllabus for exam information. Ask your prof about the test!

This infographic is brought to you by M Teal



References

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