

May 2022 Semester 2 EXAM SCHEDULE

Exam schedule for 9th-11th:

*see below for extended time students

		Block
Monday May 23	8:30am-10:00am	A
	10:30am-12:00pm	B
Tuesday May 24	8:30am-10:00am	C
	10:30am-12:00pm	D
Wednesday May 25	8:30am-10:00am	E
	10:30am-12:00pm	F
Thursday May 26	8:30am-10:00am	G
	10:30am-12:00pm	H
Friday May 27	Make-up exams 8:30am-12pm	

EXAM SUCCESS TIPS

- ❖ **Take care of yourself** Eat well, exercise and get plenty of sleep! Drink water to keep your brain and yourself hydrated. There is plenty of research that shows that the right foods on test day and the week(s) leading up to test day can improve test scores.
- ❖ **Plan your study space.** Studying in your bed is the worst place to study. After all, beds are for sleeping! Find the right space with the right lighting and right noise level. Remember you need space to spread out your materials.
- ❖ **Create a study plan (use the template).** For some exams you may need a total of 8 or so hours spread out over 4-5 days, so planning for this is essential! If you work with a tutor, confirm appointments as tutors often book up early. Time management of studying decreases anxiety.
- ❖ **Plan how you will study.** Will you make note cards? Will you make Quizlets? Are you going to set up a Google shared document and create study guides with a friend? Plan ahead. Research shows that those who write out a plan achieve their goals more than those who do not! Use the Active Study Tips in this document.
- ❖ **Organize your materials.** Go through all of those papers shoved in your textbooks, jammed in your lockers, and in the bottom of your backpacks. Separate and organize your papers by subject area. Go through all of your old tests, quizzes, and homework assignments. Make corrections. Many teachers pull exam questions directly from previous work. As you review materials, think about what questions he or she may ask. Prepare for essay questions by predicting questions and practice outlining or writing out the answers.
- ❖ **Study in manageable chunks.** Research shows that a 20-10 study chunk is best: 20 minutes actively studying and 10 minutes of a physical activity like shooting hoops, running, or jumping on the trampoline. This allows the brain to consolidate information in the same way that sleep does which is essential for retention. Study early in the day on the weekends when your brain is rested and fresh.
- ❖ **Repetition is key!** The Rule of 7 can help you! Research shows that seven meaningful repetitions lead to mastery. Schedule enough separate study times to allow for multiple exposure to the material.
- ❖ **LIMIT YOUR DISTRACTIONS!** Cell phones, music, social media, notifications & text messages will negatively impact your studying. When you schedule time to study, plan on cutting yourself off from all distractions. There are apps and computer programs to help you block out distractions.
- ❖ **Don't study what you already know.** We often enjoy and feel good studying things we know. This is a waste of precious study time. Stay focused on finding the information you don't understand. Work to break it down in a simpler way to understand it better.
- ❖ **Attend Help Sessions.** If a teacher schedules exam help sessions - GO TO THEM! This is a perfect time to get the answers to the material you do not understand or to listen to one more review. Plan to spend time in your teacher's room listening to others' questions and the answers teachers give, plus time asking your own questions.

Examples of Active Study Strategies

Preparation Strategies	Review Strategies
<ul style="list-style-type: none"> ● Develop study sheets ● Develop concept maps ● Make word cards ● Make question cards ● Make formula cards ● Make problem cards ● Make self-tests ● Do study guides ● Re-mark text material ● Make a list of 20 topics that would be on the exam ● Define the list of 20 ● Do problem ● Outline ● Summarize material ● Chart related material ● List steps in the process ● Predict essay questions ● Plan essay answers ● Write essay answers ● Answer questions at the end of the chapter ● Prepare material for study group 	<ul style="list-style-type: none"> ● Recite study sheets ● Replicate concept maps ● Recite word cards ● Recite question cards ● Practice writing formulas ● Work problems ● Take self-tests ● Practice study guide info out loud ● Take notes on re-marked text ● Recite list of 20 ● Do “missed” problems ● Recite main points from outline ● Recite notes from recall cues ● Recite out loud ● Re-create chart from memory ● Recite steps from memory ● Answer essay questions ● Practice reciting main points ● Write essay answers from memory ● Recite answers ● Explain material to group members or study partners