

Tips for Surviving Midterm Exams



And of course, you will survive 😊!

IN TODAY'S WORKSHOP:

1. Strategies for BEFORE your exam.

2. Strategies for DURING your exam.

3. Breakout working sessions.

BEFORE EXAMS – Finalize details

My Biology exam is
on Tuesday at 8am
in room 109.



Confirm the details:

- On what day will you take each exam?
- In what room will the exam take place?
- What materials can you bring?

ACTION ITEM!

MAKE NOTES ON YOUR WORKSHEET

BEFORE EXAMS – Be up to date on ALL assignments



- Turn in ALL missing work.
- You want to have the highest cumulative grade in your classes before exams start.

ACTION ITEM!

CHECK BLACKBAUD – TALK TO YOUR TEACHERS!

BEFORE EXAMS – Make an exam schedule

- # exams = # study sessions per day (4 exams = 4 study session each day)
- Each study session = approx. 30 minutes

SUN	MON	TUE	WED	THU	FRI	SAT
MATH	ENG	MATH	SPAN	CHEM	CHEM	MATH
CHEM	MATH	CHEM	ENG	SPAN	SPAN	ENG
SPAN	SPAN	SPAN	CHEM	ENG	MATH	CHEM
ENG	CHEM	ENG	MATH	MATH	ENG	SPAN

ACTION ITEM!

MAKE NOTES ON YOUR WORKSHEET

BEFORE EXAMS – Attend office hours



- Ask questions about the exam.
- Hear from your teachers EXACTLY what to review.
- Practice any skills/concepts that are still confusing.

ACTION ITEM!

ADD YOUR PLANNED OFFICE HOURS TO YOUR WORKSHEET!

BEFORE EXAMS – Manage your time

Be mindful of your time:

- Exam prep is *in addition* to the usual amount of time you spend on homework.
- Consider *removing things* from your schedule to free up time for exam prep.



BEFORE EXAMS – Pick a study method



Active Recall is the best!

This means ... – don't just read over notes ... do something like:

- Rewrite notes in a better order
- Make flashcards
- Quizlets, Kahoots
- Teach someone else or have them quiz you
- Create a practice exam using the study guide – then take it the night before the exam!



ACTION ITEM!

FILL OUT YOUR EXAM PREP CHECKLIST

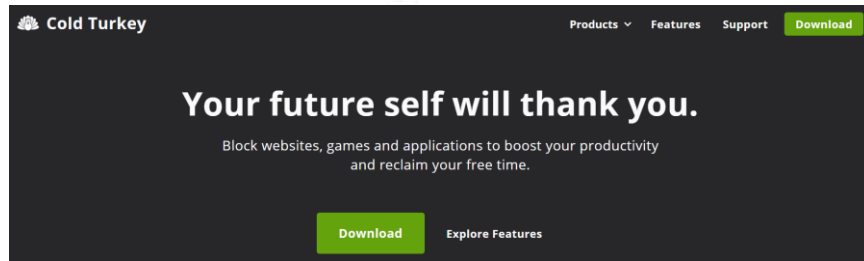
BEFORE EXAMS – Go to sleep after learning something challenging



The power of sleep:

- Research shows that students who went to sleep within a few hours of a learning session were better able to remember what they just learned.
- ***Study until 10 pm then, lights out!***

BEFORE EXAMS – Block the distractions



Prevent distractions:

- Use a program, like Cold Turkey, to block distracting sites on your computer for a set period of time.
- Put your phone on silent or in another room for study sessions.

Here we go strategies for DURING your exam.

DURING EXAMS – Preview the exam.

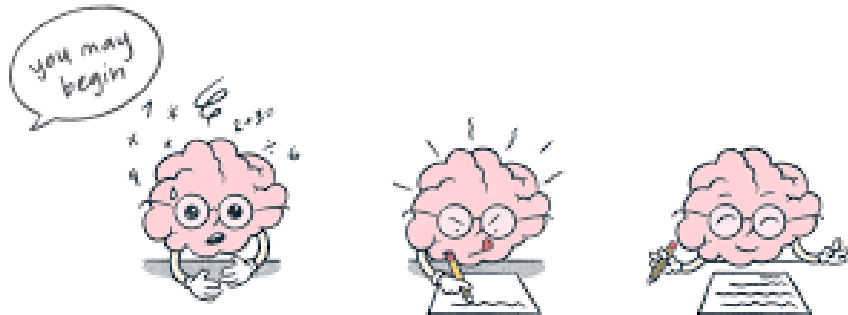


Before you start, glance over the whole exam.

This gives you an overview of:

- what it covers
- where the emphasis lies
- what the main ideas seem to be

DURING EXAMS – Do a brain dump.



Do a ***brain dump*** and write things you don't want to forget **directly on the test paper**:

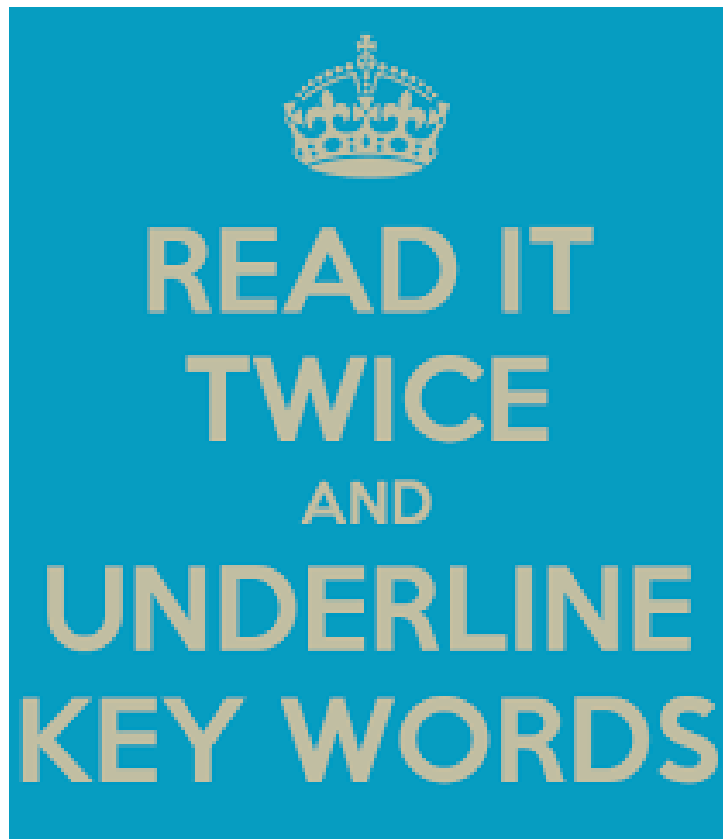
- Important names
- Important dates
- Math/science formulas
- Any mnemonics you created

DURING EXAMS – Start with what you know.



- Usually, you can answer questions in any order.
- Tackle the questions in the order that appeals to you most.
- Doing well on a question that you feel sure of will be reassuring and will free your mind of tension.

DURING EXAMS – Highlight the action item.



Underline or circle all significant words in the directions, such as:

- "Complete 2 out of 3 essays."
- "Circle your final answer."
- "Solve and graph."
- "Discuss in 6 – 7 sentences."

DURING EXAMS – Manage the time vs points.



Plan your time wisely:

- Keep point value and time allowance in mind.
- Higher point questions (10 – 25 pts.) should take longer than 1 pt. question
- Make sure your responses reflect the point value.

DURING EXAMS – Check before you turn in.



Do a final check:

- Make sure you've answered ALL of the questions.
- Make sure you have followed the directions.
- Catch careless errors, but don't change your answers unless you are certain you have made a mistake.

Video advice – test/exam anxiety



Breakout sessions:

Pick a task for the remainder of the workshop:

- Add the ACTION ITEMS (next slide) to your worksheets
- Go to a *teacher's room* for office hours help
- Go to quiet room to work on a “cheat” sheet/card, study guide or create a practice exam: MPR or Room 139

NHS TUTORS ARE AVAILABLE TO HELP!

ACTION ITEMS:

- Circle your exams on your calendar worksheet
- Make notes on that calendar of what you need to bring
- Check your current grades in Blackbaud – make a list of missing assignments to turn in
- Add the days you'll go to office hours on your calendar
- Use exam checklist to decide how to study for each exam
- Make your study schedule and add to calendar