

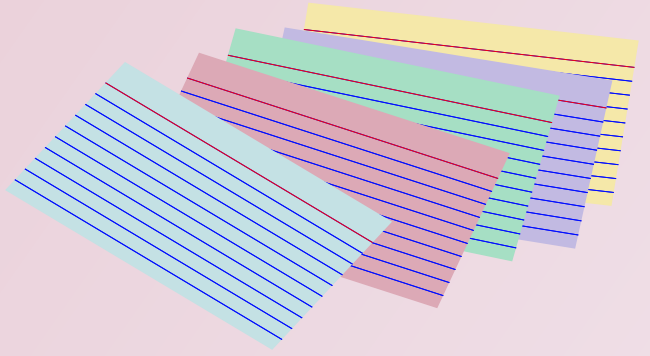


END OF SEMESTER SURVIVAL GUIDE

PREPARED BY
LEARNING SERVICES

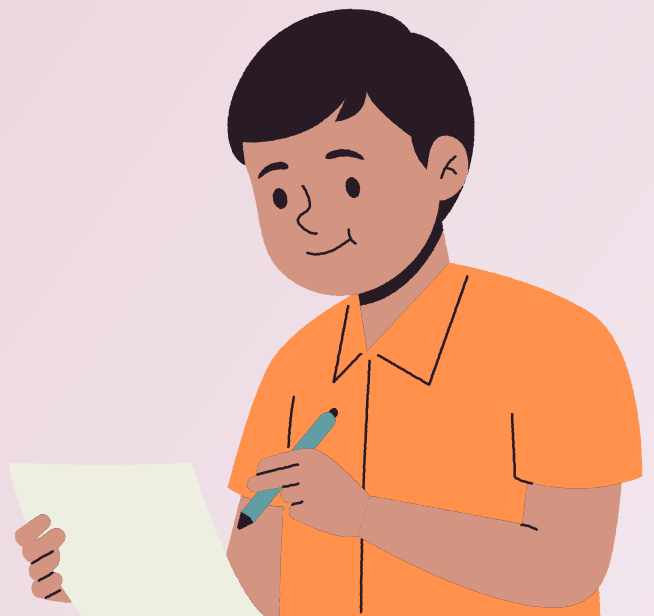


Study Strategies & Methods



Rehearsal and Study Aid Preparation

- Mock Exams
- Flash Cards
- Mind Maps
- Study Guides/ Cheat Sheets
- Visual Organizers
 - Compare/Contrast
 - Timeline
 - Process diagram
 - Cause/Effect diagram
 - Concept maps



Active Review Strategies

- Take a timed practice test
- Practice concept or flash cards
- Repeat answers out loud without looking
- Group flash cards into topic areas
- Outline answers to possible essay questions
- Take online practice test
- Practice with online flashcards
- Practice taking old exam
- Review text annotations out loud
- Convert professor's study guide in to exam and practice it



SURVIVING FINALS WEEK

Study Early

- Start studying weeks before your final exam
- A minimum of 5-10 days in advance

Develop a Plan

- Mark off blocks of time to study for different subjects or different chapters
- Use the attached 5-10 day study planner as a resource

Check Finals Details

- What is the date, time, and location of your final?
- How much is it worth towards your final grade?
- What materials can you use for the exam?

Ask for Help

- Visit Professors office hours
- Visit the Writing Center
- Meet with a tutor or attend a drop in session
- Meet with an Academic Coach or Peer Mentor

Attend Review Sessions

- If a professor or TA is having a review session you should attend!

Create a Study Location

- Have an organized and clean space to study so you can focus!
- Avoid studying in your room
- Have materials such as pens, highlighter, study guides, and note cards handy



Test Taking Strategies

Strategies to use *BEFORE* the test

- Take a light jog or brisk walk the morning of to wake up your brain
- Come prepared with any tools you'll need (and back ups in case there's an issue)
- Get to the classroom as early as you can to take some time to relax
- Sit in the same seat as you would for a normal class
- If possible, do a short final review session in a classroom with a similar layout
- Eat a good breakfast before the exam
 - avoid sugar and caffeine
 - try to eat fruits and whole grains

Strategies to use *DURING* the test

- As soon as the test begins write down any hard to remember information
- Answer any questions you know well and that carry the most points first
- Experiencing memory block?
 - take a deep breath, close your eyes, visualize being in the environment in which you studied
 - Try to think of anything that relates to the question
- Underline key points of the question
- If Multiple choice, read all choices and use the process of elimination
 - If you're unsure, pick the answer with the most qualifying words or longest answer
- If an essay/short answer question, create an outline to help you remember your key points
 - Back up the essay points with evidence
 - Claim - What do I know?
 - Evidence - How do I know that?
 - Reasoning- Why does your evidence support your claim?
 - Proofread for spelling and grammar
- For open book/note exams, study as though it wasn't open book/ note
 - Review and annotate notes/books to make it easily accessible
 - Answer all the questions you can without the book first

Strategies to use *AFTER* the test

- Determine where you've gained and lost points
- Reflect on feedback given
- Review exams with classmates
- Review exam with Professor



5-10 Day Study Plan for Exams

Start Early:

More than any other technique, the key to performing well on exams is starting early and using short frequent study sessions. The human brain learns academic material faster and better on an exam if done in brief blocks of time spread out over longer periods of time, rather than a few lengthy sessions. Thus you will perform better on an exam if you spend one hour studying each day for 20 days than if you spend 10 hours studying for two days before an exam.

Adjust your studying according to difficulty or amount of content to be covered or reviewed. Some courses may need 5 days of study and review and others may need 7.

Key Guidelines:

1. Space out your learning over a period of at least 5 days.
2. During each day, prepare a new chapter or chunk of information, and then review previous material.
3. Start with oldest material first.
4. Divide your material so you can work on it in chunks.
5. Use active learning strategies (writing and reciting) to study the material.
6. Use self-testing techniques to monitor your learning.

How to Make a 5 Day Plan:

1. Break material into chunks either based on chapters or other chunking 'concepts' that makes sense to you.
2. Plan to spend about 2 hours studying on each of the 5 days
3. Work on the material in 2 ways: Prepare and Review

1 st day:	Prepare 1 st chunk	2 hours
2 nd day:	Prepare 2 nd chunk Review 1 st chunk	2 hours 30 min.
3 rd day:	Prepare 3 rd chunk Review 2 nd chunk Review 1 st chunk	1 ½ hours 30 min 15 min
4 th day	Prepare 4 th chunk Review 3 rd chunk Review 2 nd chunk Review 1 st chunk	1 hour 30 min. 10 min. 10 min.
5 th day	Review 4 th chunk Review 3 rd chunk Review 2 nd chunk Review 1 st chunk Self-Test	30 min. 20 min. 10 min. 10 min. 1 hour

Active Preparation Strategies ICOW:

Identify, Condense, Organize and Write what you need to learn. Use at least 3 different ways/types to be effective. The key objective is recall not recognition and understanding of concepts and how they relate to other concepts presented in class.

Create study sheets/guides

Create concept maps

List step in a process

Make word cards

Create an outline

Predict questions in margin of text

Create possible exam question cards

Develop correct responses to questions

Make self-tests

Make a timeline

Create problem cards

Chart related material

Prepare material for a group study

Make formula cards

Create cause/effect diagrams

Answer questions at end of chapter

Predict possible essay questions

Plan/Write essay answers

Make mnemonic devices

Active Review Strategies RE-USE:

Rehearse, Extend, Understand, Self-test, and Evaluate your learning.

Recite or rewrite study sheets

Recite word cards

Recite main points from an outline

Write essay answer from memory

Do 'missed' problems

Recite question cards

Practice study guide rewriting responses
from memory

Replicate concept maps, diagrams

Recite steps or process from memory

Take self-tests

Practice writing formulas

Work problems

Explain material to group members or study partner

Do flashcards (paper or online)

Examples of Student's Plans

Example 1:

Sunday

12-1 pm (1 hr.)

-Review and expand notes on Rockefeller,
Carnegie and Morgan

-Compile summary sheets from lecture
and text notes

-Write question on margin of text book

1:15-1:45pm (1/2 hr.)

-Recite industrial revolution questions
and answers

2-2:30pm (1/2 hr.)

Recite railroad questions and answers

Example 2:

Saturday (1 ½ hrs.)

Prepare ch.15

1. Review notes from reading

2. Make cards for cash dividends and dividend dates

3. Make study cards for reasons for Issuing Stock dividends

4. Make a definition sheet

5. Do all examples and problems assigned.

6. Make study guide

Review Ch. 14 (1/2 hr.)

1. Go over cards for corporation lists

2. Self-test on definitions

3. Review all examples and problems assigned

4. Review study guide

5-10 Day Study Plan

Nurse Name _____
Test Topics/Chapters _____
Test Date: _____

Day 1	Day/Date: _____		
	Topics/Chapters	Preparation/Review Strategy	Length of time

Day 2	Day/Date: _____		
	Topics/Chapters	Preparation/Review Strategy	Length of time

Day 3	Day/Date: _____		
	Topics/Chapters	Preparation/Review Strategy	Length of time

Day 4	Day/Date: _____		
	Topics/Chapters	Preparation/Review Strategy	Length of time

Day 5	Day/Date: _____		
	Topics/Chapters	Preparation/Review Strategy	Length of time

Day 6	Day/Date:		
	Topics/Chapters	Preparation/Review Strategy	Length of time

Day 7	Day/Date:		
	Topics/Chapters	Preparation/Review Strategy	Length of time

Day 8	Day/Date:		
	Topics/Chapters	Preparation/Review Strategy	Length of time

Day 9	Day/Date:		
	Topics/Chapters	Preparation/Review Strategy	Length of time

Day 10	Day/Date:		
	Topics/Chapters	Preparation/Review Strategy	Length of time

Campus Resources

Learning Services

Glaeser Center (1610 Moore St.)

- Peer Tutoring
- Academic Coaching
- Peer Mentoring

Contact Us

Email: learningservices@juniata.edu

Phone: 814-641-3150

Student Accessibility Services

Good Hall 208

Contact Us

Email: Accessibility@juniata.edu

Phone: 814-641-5840

