How to Study & Take Exams
Part 1

The Art and Science of Studying
3 Basic Preferences in Learning

- **Kinesthetic** - occurs through doing and interacting.
- **Visual** - occurs through looking at images, mindmaps, demonstrations and body language.
- **Auditory** - occurs through hearing the spoken word.
What is your learning style?

- Learning Styles Questionnaire
  
  http://www.berghuis.co.nz/abiator/lsi/lsiframe.html

- Learning Styles Inventory
  
  http://www.personal.psu.edu/bxb11/LSI/LSI.htm
Study Model

Studying is the process that is used to decide what to learn and what to remember and recall.

- Class: Textbook, Reading, Notes, Outside reading, Background knowledge
- Feedback loop
- Rehearsal
- Short term memory
- Long term memory
- Long term memory retrieval
- Test
Why take notes?
- Active Learner vs. Passive Learner
How to take “Good Notes”

- Come early, if possible and review the notes.
- Start each day on a new page and include: date, overall topic of lecture.
- Lectures have structure – Introduction, main points, illustration and brief summary.
- Format as in the “Cornell System.”

![Diagram of Cornell System]

**Note Taking Area:** Record lecture as fully and as meaningfully as possible.

**Cue Column:** As you're taking notes, keep cue column empty. As soon after the lecture, reduce your notes to concise jottings as clues for Reciting, Reviewing, and Reflecting.

**Summaries:** Sum up each page of your notes in a sentence or two.
Watch for nonverbal cues – professor’s hand gestures, facial expressions, and pauses.

Don’t try to write everything the professor says –
- Listen for Main ideas and supporting details.

Restate what is being said in your own words.

Take notes in outline form or bullets.

Leave lots of space/use one side only.

If something doesn’t make sense, ask a question.
Homework

- A different concept in University – part of the learning process.
- Help you further understand the concepts and gain experience.
- Part of the self-discipline of being a student.
Keys to Studying

- Attend class, listen, take notes.
- Schedule regular study time and place each day.
- Plan each session.
- Don’t study for longer than 50 minutes at a time.
- If there is a problem you really can’t figure out…
- When you are assigned a project…
- Use your best time well.
- Review regularly.
- Say no to socializing that doesn’t fit with your study plans.
Basic Rule of Thumb for Studying:

1 credit hour = 2 hour studying per week

4 credit hour class that meets 4 hours per week = 8 hour studying per week (not including homework)
Meet with other students and review notes and write down anything that clarifies the topic.

Read your notes carefully, in the Cue column add key words or phrases that will sum up the section.

Cover up the notes and try to recall the information.

On the opposite page, you can summarize what you have learned.

Use the Cue Column to talk our what it all means.

Record vocabulary and mnemonics in the summary area.
How to Study Math?

- Be Positive
- Prepare for class – do “homework”.
- Review prior to class.
- Attend Class!
- Participate in Class – pay attention and ask questions
- Take careful notes.
- Work in a group.
- Keep up with work of the class.
How do you Study?

- Discovery Wheel
  (http://college.cengage.com/masterstudent/series/becoming_a_master_student/11e/students/discovery_wheel/index.html)
Try to keep to 2-4 members, it will give you a variety of perspectives and everyone will have a chance to speak.

Have specific purpose for the group meeting such as review class notes.

Group should work as a team with everyone contributing something.
Still have Questions – ASC!

- ASC = Academic Support Center
- Peer Tutoring
- Faculty Tutoring
Peer Tutors

- Have been recommended by faculty.
- Must hold at least a 3.0 GPA.
- Free of charge!
- Appointment or walk-in.
Part 2

Tests!
Prior to Taking the TEST!

- Prepare attitude, be ready to do your best!
- Get a good night’s sleep before a test.
- Focus on what you know and your strengths.
- Exercise regularly
- Eat a light meal or snack before the test.
Taking the TEST!

- Arrive at the test early enough to select the best seat.
- When you receive the test, use the back to jot down notes of what you might forget.
- Preview the whole test, make sure you have all the pages.
- Plan your time.
- Start with the easy questions.
- Don’t panic if you see a question you did not anticipate.
- Read the question as it is – don’t overanalyze.
Rework your errors to find out why the correct answer was correct.

Look for the origin of each question – text, notes, etc.

Identify the reason you missed questions.

Check the level of detail of the test.

Did you have any problems with anxiety during the test?
Books & Websites that Help!

- *How to Study: Practical Tips for Students* by Phil Race
  Shelf Number: LB 2395 .R34 2003

- *College Rules! How to Study, Survive and Succeed in College* by Nist-Olejnik and Jodi Holschun.
  Shelf Number: LB 2343.32 .N57 2007

- *How to Study* at [http://www.howtostudy.org](http://www.howtostudy.org)