

How to Study & Take Exams



Part 1

The Art and Science of Studying



Learning Styles

- 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.

Learning Styles

- What is your learning style?

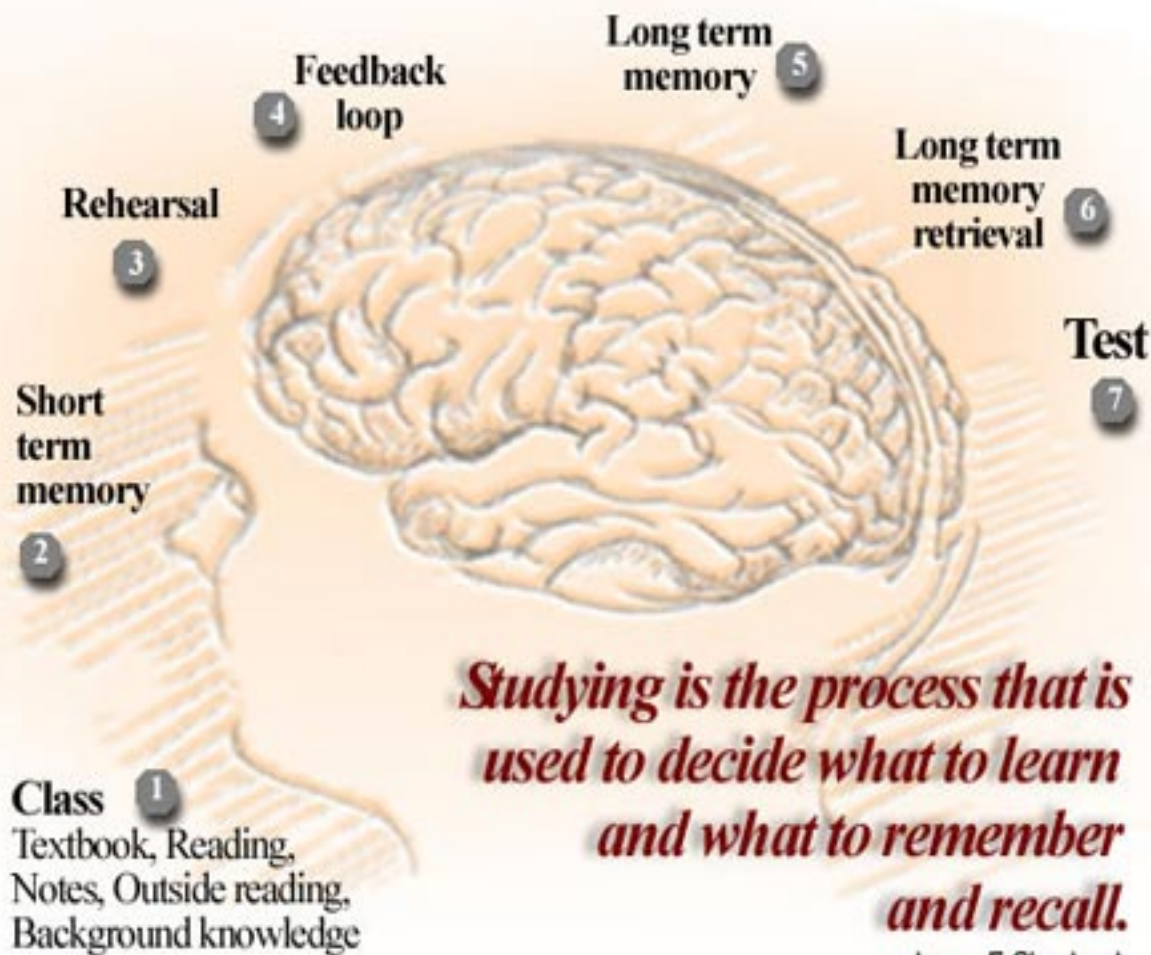
- Learning Styles Questionnaire

<http://www.berghuis.co.nz/abiator/lsi/lsiiframe.html>

- Learning Styles Inventory

<http://www.personal.psu.edu/bxb11/LSI/LSI.htm>

Study Model



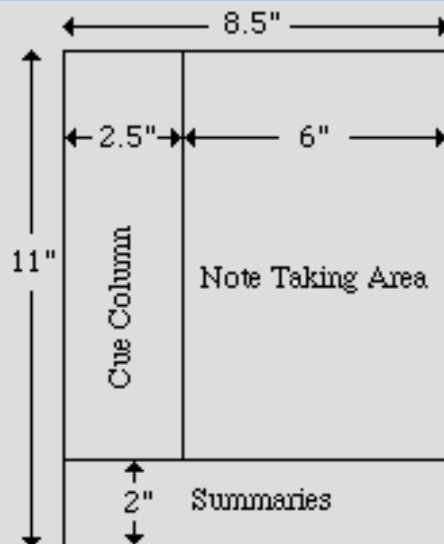
James F. Shepherd

Lectures and Note Taking

- 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.”



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.

How to take “Good Notes”

- 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 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.

How Much Should I Study?

▣ **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)

What to do with the Notes?

- ❑ 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)

Study Groups

- 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.

Analyzing Returned TESTS!

- 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>
- *Freshman Resource* at <http://delicious.com/freshmanresource>