

EXAM STUDY STRATEGY AND PLAN

PROVEN STUDY STRATEGIES

Spaced Practice: split your study sessions into smaller chunks and spread them over a few days.

Interleaved Practice: alternate between subjects, topics, or problem types each study session.

Retrieval Practice: practice retrieving information learned through flash cards and self-testing.

Successive Relearning: use this approach to study materials, setting aside what you know you know and practicing retrieving information you discover you have yet to commit to memory.

Worked Examples: review complex problems that show steps to solving them, as well as examples for you to work.

Self-Explanation: develop explanations in your own words of recently-learned concepts.

QUICK TIPS TO GET STARTED

- Studying should be a daily not intermittent task; reviewing content should happen immediately and continuously after learning it in class.
- Preparing for exams (especially final exams) should happen 5 to 10 days before the test, depending on the length, difficulty, and weight of the test.
- Keeping track of previous assessments and your performance on those assessments can help you determine what needs to be studied more.
- Schedule time for rest and sleep. It takes one month to fully recover from an all-nighter.
- Create “desirable difficulties” to keep studying interesting.

ITEMS TO PREPARE

- flash cards of quick-study/memorization items
- notes from lectures, textbooks, and posted materials, synthesized and organized by topic/unit/week
- study guide with information summarized and organized
- predictions of essay questions and their answers
- predictions of exam items and their answers
- a mind map of information and how it's interconnected
- diagrams of content introduced in class
- lists of formulas or common problems
- previous assessments and assignments

REVIEW TASKS

- **Practice retrieving information** with flash cards, predicted questions, and quizzes.
- **Explain concepts** to yourself or a study group.
- **Recreate** mind maps, documents, or visuals from memory.
- **Time yourself** on solving problems or answering questions.
- **Pace content review sessions** ensuring you interleave content from other subjects.
- Once you've mastered one concept or problem, **set it aside and focus on concepts or problems you haven't mastered.** Return to the content you've set aside on a regular basis to ensure it stays in your long-term memory (note: this is successive relearning).

DAILY STUDY SCHEDULE

Below is a study schedule template. The second row of content is an example. After the third column is completed, practice one bullet point per row then move to a new row after 10-15 minutes. See weekly schedule for an example

SUBJECT	ITEMS PREPARED	REVIEW TASKS
College Algebra (CA)	<ul style="list-style-type: none"> • flash cards • list of formulas • worked examples 	<ol style="list-style-type: none"> 1. retrieve info with flash cards 2. do 10 problems 3. explain how to do a quadratic equation
Economics (E)	<ul style="list-style-type: none"> • Quizlet on Chapters 1-5 • flash cards • study guide 	<ol style="list-style-type: none"> 1. retrieve info with flash cards 2. explain supply & demand shifts 3. recreate international trade and tariff graph
Criminology (C)	<ul style="list-style-type: none"> • study guide • predictions of essay questions • synthesized class notes 	<ol style="list-style-type: none"> 1. retrieve info using class notes 2. explain routine activities theory 3. write predicted essay questions

WEEKLY STUDY SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN
CA - 1 E - 2 C - 3	CA - 2 E - 3 C - 1	CA - 3 E - 1 C - 2	CA - 1 E - 2 C - 3	CA - 2 E - 3 C - 1	CA - 3, 1 E - 1, 2 C - 2, 3	All subjects: interleaved successive relearning