Exams
Counseling Center

- Accessibility and Disability Services
- Counseling Service
- Research Unit
- Testing Office

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Workshop Objectives

• Help students recognize the need for an exam study plan

• Discuss various strategies for preparing for and reviewing for exams
Warm Up
Test Taking Process Overview

• Test Preparation
  o Before the Test
  o During the Test
  o After the Test

• Study Plan Development
• Review and Rehearsal Strategies
• Managing Test Stress
Before the Test

- Prepare for class. Preview the textbook.
- Go to class.
- Take good notes and annotate them.
- Review notes frequently.
- Do homework on time.
- Know what will be covered.
- Develop a study plan.
- Rehearse material to be learned. (tutoring; study group; practice exams)
- Study according to your “style”.
During the Test

Do a “mind-dump”.

Carefully read the directions.

Survey the test and budget your time.

Answer what you know FIRST.

Give yourself a mental “pep talk”!

Leave 3-5 minutes at the end to check for simple mistakes.
After the Test

Celebrate your SUCCESS

Analyze Your Answers

Analyze the Test Itself

Identify strategies for improvement
Planning for Exams

- Develop a plan for each exam
- Think about how you will manage your time during exam week
- What parts of your life can you cut back on temporarily? Work? Social Life? Family obligations?
- Set goals for studying
- Create a specific study plan
# Sample Study Plan

<table>
<thead>
<tr>
<th>Activity</th>
<th>Hours Needed</th>
<th>Dates to Do</th>
<th>Study Group or Tutor?</th>
<th>Meeting w/Instructor?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Contact study group</td>
<td>1</td>
<td>11/18</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Topic A</td>
<td>4</td>
<td>11/19-11/20</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>1. Rational Functions</td>
<td></td>
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<tr>
<td>2. Exponential Functions</td>
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<tr>
<td>3. Linear Functions</td>
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</tr>
<tr>
<td>Topic B</td>
<td>3</td>
<td>11/21-11/22</td>
<td>No</td>
<td>Yes</td>
</tr>
<tr>
<td>1. Addition method</td>
<td></td>
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<tr>
<td>2. Subtraction method</td>
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<tr>
<td>3. Graphing method</td>
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<tr>
<td>Topic C</td>
<td>3</td>
<td>11/23-11/24</td>
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<td>No</td>
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<tr>
<td>1. Solve by factoring</td>
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<tr>
<td>2. Solve using quadratic equation</td>
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<tr>
<td>Final Review</td>
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<td>11/25-11/26</td>
<td>No</td>
<td>Yes</td>
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<tr>
<td>1. Practice Tests</td>
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</table>
Organizing for Finals

• Begin reviewing early
• Develop a specific study plan
• Conduct daily review sessions
• Review text and class notes
• Break tasks down into manageable chunks
• Study when you are most alert
• Review with a group
Surviving Finals

Expect a certain amount of tension
Stay positive – this too shall pass!
Reframe the meaning of finals
Take time to relax
Don’t neglect your sleep and exercise
Moderate stimulants (caffeine, tea, energy drinks)
Plan rewards for after exams
Rehearsal Strategies

• Predict Exam Questions
• Study Checklists
• Create summary notes
• Record your notes
• Create flashcards
• Information timelines
• Reciprocal Questioning
• Talk-Through
Managing Stress

Causes of test anxiety

Effects of anxiety on learning and testing

Relaxation Techniques
References


Questions