

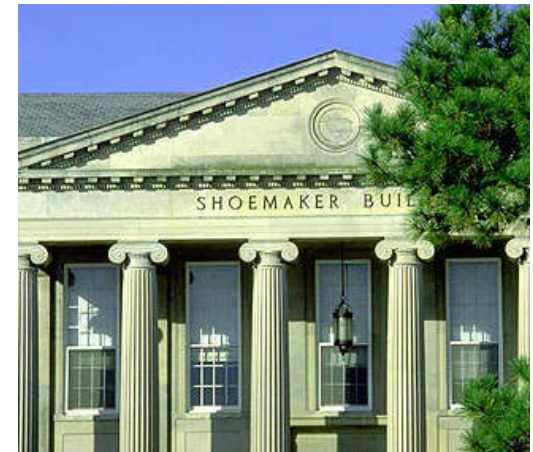


DIVISION OF
STUDENT AFFAIRS
COUNSELING CENTER

Exams

Counseling Center

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



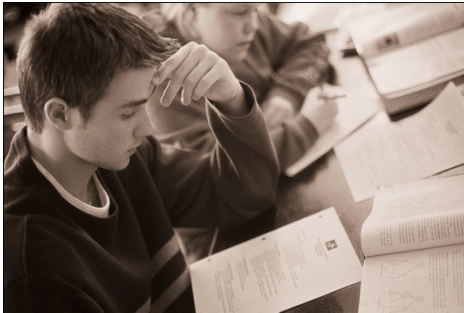
www.counseling.umd.edu

(301)314-7651

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

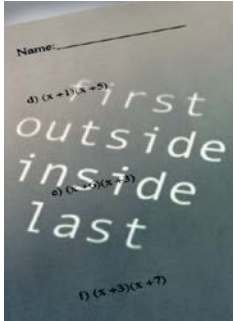
- Test Preparation
 - Before the Test
 - During the Test
 - After the Test
- Study Plan Development
- Review and Rehearsal Strategies
- Managing Test Stress

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

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

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

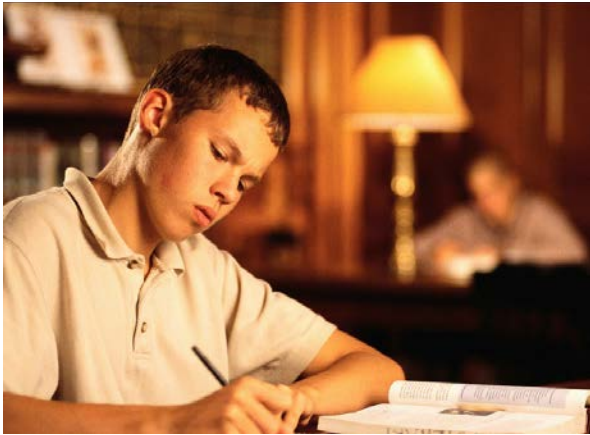
Take time to relax

Don't neglect your sleep and exercise

Moderate stimulants (caffeine, tea, energy drinks)

Plan rewards for after exams

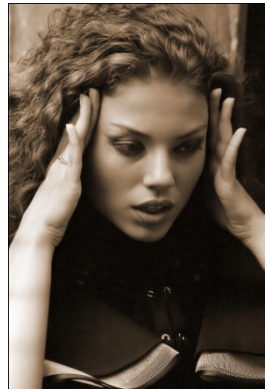
Rehearsal Strategies



- 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

Nolting, P. D. (2012). *Math Study Skills Workbook*, 4th ed.
Belmont, CA: Brooks/Cole.

Shearn, E. & Wilding, M. (2000). *Learning to Learn Mathematics*,
3rd ed. Dubuque, IA: Kendall/Hunt Publishing.

Questions

