



EXAM/MIDTERM Preparation



With many courses getting ready to give the first round of exams and with midterm exams coming up in the near future, it is important to make preparations so that you will be successful getting through the stress and anxiety as well as be successful on the exams. Below are some study tips that will hopefully help you do well on the exams and also help you stay sane.

MANAGE YOUR TIME: Get out your calendar or planner and organize your weeks ahead placing in the dates and times of your upcoming exams and blocking out times that you will use to study for those exams. Then, **STICK TO THE PLAN!!**

GET YOUR REST: You will do much better during your exams if you have the proper rest. Sleep is important to make sure you are mentally sharp for your exams. Pulling an “all-nighter” is not the best strategy to use when preparing for your exams.



PRIORITIZE YOUR SCHEDULE: Because there are only so many hours in a day and week, it is important to prioritize the hours during these exam weeks. If possible, you may need to eliminate some of your other responsibilities (work fewer hours, limiting social events). If you have multiple exams, you may need to choose which exam you will need to put the most time in preparing.

SCHEDULE IN BREAKS FROM STUDYING: If you tell yourself that you are going to study all week during every open hour, your mental health will not be able to keep up. When you put

together your schedule make sure to include short study break to help you recharge. This will help you to concentrate and will make you feel better. Just make sure the breaks are not too long. Avoid long marathon study sessions.

MAKE SURE TO GET EXERCISE: To relieve some of the stress of midterm and exam weeks, there is no better source than exercise. This could be a short walk or other quick activities.



REVIEWING THE MATERIAL: Make sure you review through all materials for the exam (reading the textbook, going through your notes, etc.). If the professor gave a study guide, be sure to go through it completely. This will also allow you to recognize what areas of the material you do not understand. You may want to consider typing out your notes to help organize them, plus as you type through your notes, you are actually going over the material.

USE YOUR ACADEMIC RESOURCES (PROFESSOR/TUTORS/CLASSMATES): If you are confused about the material on the exam, make sure to visit your professor to ask for help and clarification during his/her office hours or after class. You could also schedule a tutor at the Learning Center to help review the material. Forming study groups or getting together with a classmate may also be helpful in preparing for an exam so you can communicate the material back and forth to each other. However, DO NOT put this off until the night before the exam. You may want to organize/review the materials (see above) prior to using these resources so you are able to identify the problem areas you are having trouble. This will give your meetings with your professor/tutor/classmates more of a focus on the areas where you are struggling.

LOCATION, LOCATION, LOCATION: You may want to think carefully about where the best place is for you to study. If you are studying in your dorm room or at home, are there too many distractions that will affect your studying? If you study in the library, will you see too many friends that will interrupt your studying? Find a location where you will feel comfortable and be effective.

RELAX: Excessive stress will hurt your performance. If you are having serious problems with anxiety, you can always seek out counseling at the Counseling Center. There phone number is 285 – 1736.

Contacts to make tutoring appointments:

Core Curriculum Desk	285-3776
Math, Physics, Accounting & Economics Desk	285-3780
Writing Desk	285-3778
Study Strategies Desk	285-3779

**BE PROACTIVE ABOUT GETTING HELP RATHER THAN REACTIVE AFTER IT
IS TOO LATE!!!**