



Use a highlighter or pen to circle/underline keywords in your notes and textbook as you read: this makes them easier to review.

Review your previous notes and/or preview upcoming readings in between classes.

Try showing up to class or campus half an hour early to review/preview.

More frequent exposure to material leads to better info retention.

Make sure you have all the notes and slides for your course

ask classmates for missing lecture notes.

Meet with peer tutors on a regular basis to review material/concepts from class and ask questions.

See Current Students > Academic Support for a list of peer tutors.

You can access up to 2 hrs/week of tutoring for FREE!

If the professor offers extra help (e.g. practice questions, review sessions), take advantage of it.

Show up on the last day of class: there may be a review of class material or info offered about the exam.

Make a study schedule.

Retrieve your exam schedule through WebAdvisor or from the STU website under Current Students > Registrar Services.

Enter your exam schedule—including date, time and location—into your phone or calendar.

Tell people that you're going to study: this makes it seem like more of a commitment and it makes you more accountable.

Choose the right environment.

If your room is distracting, choose a more public/less comfortable space

e.g. MMH study hall, JDH 2nd floor (outside Wabanaki Resource Centre),

BMH 3rd floor Rotunda, Great Hall in GMH, 4

For processes, sequences, or chains of cause and effect:

- try writing down the process in numbered steps (without looking at your notes!)
- draw flowcharts and arrows to illustrate the process.

When studying texts:

focus on those topics the professor has emphasized in class: remember, not all material from a textbook may be covered in the course, so check your readings against the syllabus

try creating a table of contents for each chapter or topic

- list keywords/titles in the order in which they appear in your notes or textbook: this may help you see the structure of the topic and its key components

summarize each chapter/topic from the text in one paragraph using your own words; then summarize important ideas from your own notes, and add that to the paragraph. Use this to study.

When preparing for an essay-format exam where question(s) have been given in advance:

- create an essay outline – or better yet, try writing a practice essay that includes important quotations or references

- have at least a formulaic introduction ready to use, so that it is easy to start the essay

- if given a list of possible essay questions, study for all of them so that you feel fully prepared.

When reviewing fiction or plays, take note of major plot points, characters, symbols, and themes

For group studying:

- study first by yourself to reaffirm your own knowledge

- figure out who in the class has the same goals and study habits as you (someone you connect with—not necessarily people who are getting A+)

- don't study with others who haven't prepared at all, or who aren't as dedicated as you; try to pair up with someone who has put in an equal amount of effort into the course

- 5-6 group members max

- book a group study room at the Harriet Irving Library: 1 person can book up to 2 hrs per day

 - book online at <https://www.lib.unb.ca/services/rooms/responsive.php>

- compare notes, complete practice exercises together, quiz each other, etc.

- explaining concepts to other people can test your own verbal comprehension

- your classmates/students may be able to explain ideas in a way that is different and easier to understand than your prof, and might show you the importance of/connections between certain concepts.

Sleep between 7-9 hours (helps with memory retention).

DO NOT CRAM: it induces panic and reduces recall.

Establish a routine/ritual before exams, so that it feels like a more familiar activity.

Eat breakfast or lunch.

Your blood sugar levels affect your ability to concentrate.

Don't eat a large meal so that you won't feel sleepy or nauseous.

Give yourself plenty of time to arrive at the exam room, so that you don't feel rushed.

Instead of a last-minute review, do activities that calm you down and relax you right before the exam

e.g. listen to music, breathe deeply, zone out, walk to campus.

If hearing people talk about the exam beforehand makes you anxious, walk away or show up to the exam room just before the test begins.

Make sure you're physically comfortable (e.g. dress in layers, have lip balm and Kleenex handy).

Bring

snacks (quiet, not smelly) and water

a sweater or hoodie so that you're not distracted by cold temperatures

extra writing utensils (e.g. replacement leads for mechanical pencils, erasers)

make sure that you can write quickly with the pen/pencil, and that it won't cause your hand to cramp!

a watch to keep track of the time since you won't be able to use your phone.

Fake it until you make it.

Go in with confidence: visualize yourself doing well on the exam.

If you are nervous, admit it to yourself, but then let it go.

Put your name and student ID on the test first.

Read through the instructions completely.

Circle questions that you don't know the answers to or that you may have to spend more time on

Manage your time:

identify the weight or worth of each section, and allot your time accordingly

if you're taking too long on one section, leave it and come back to it later

use the full amount of time: if you finish early, take the time to review your work

figure out which are easiest for you to answer and answer those first.

