

EXAM PREP & STUDY SKILLS

St. Mary Guidance - Dec 2022





Can we **LEARN** anything?



yes!

According to Josh Kaufman, bestselling author of books on business, entrepreneurship, & skill acquisition

Kaufman's research states that it takes
20 hours

to learn a new skill, and that our greatest barrier is **emotional**





STEPS TO LEARNING



Know/Remove Your Distractions or Enhancers

-phones, tv, youtube, music etc

Take Breaks as Required

-timed, 5 minute breaks (during exam week)



Get organized

Do/Review Your Homework

Great Job!

-use graphic organizers

-either individually or in a small group

-take clear notes

-prioritize every night (at least 45 minutes!)

-know your timelines





UNDERSTANDING YOUR LEARNING STYLE



Visual

Study Tips:

- Underline or highlight key ideas in your notes
- Use graphic organizers (i.e., mind map, Venn diagram, web)
- Pause, and try to create a mental image in your mind, or pause, and draw a visual representation
- Turn concepts into charts and diagrams
- Create acronyms (ie. THINK etc)

Auditory

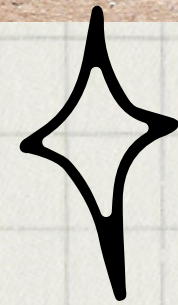
Study Tips:

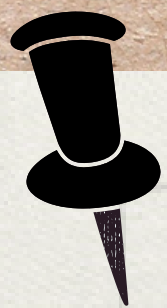
- Record yourself reading your notes and listen to them
- Talk with someone about the topic
- Repeat information with your eyes closed
- Listen to recorded media related to the subject

Kinesthetic

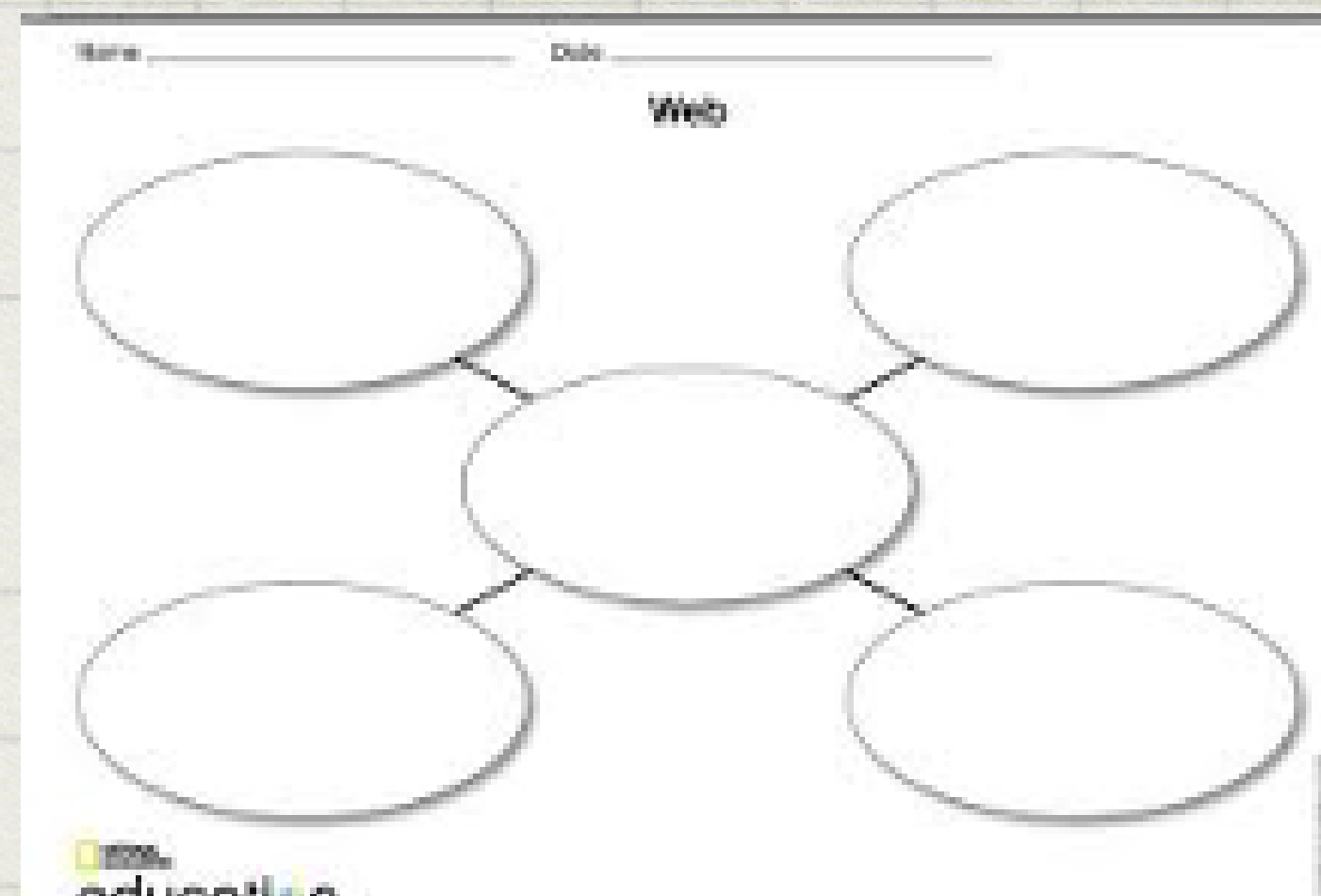
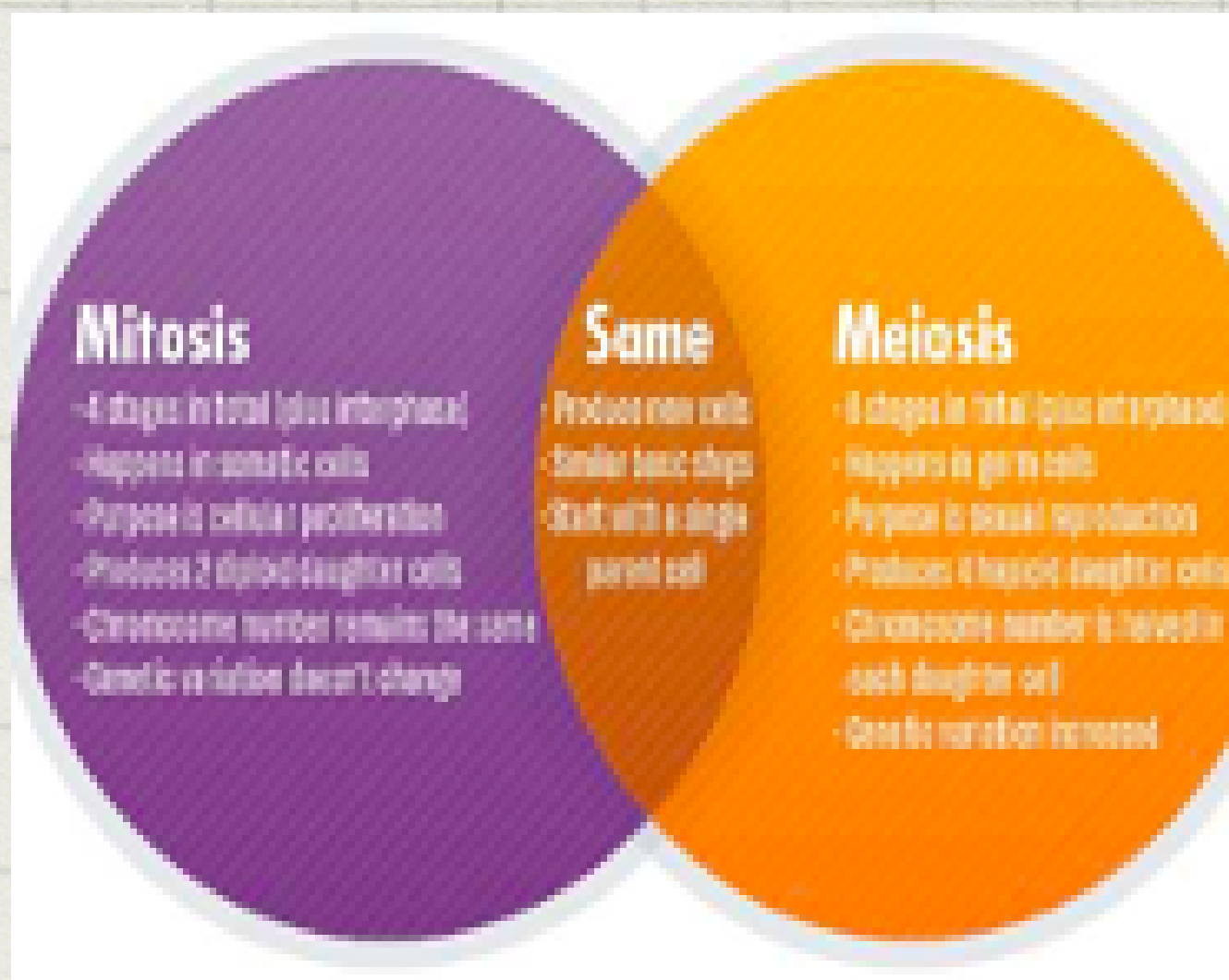
Study Tips:

- Participate in more hands-on tasks during learning
- Use Flash cards to sort concepts
- Study in short blocks of time and give yourself breaks
- Construct a model or representation of concepts





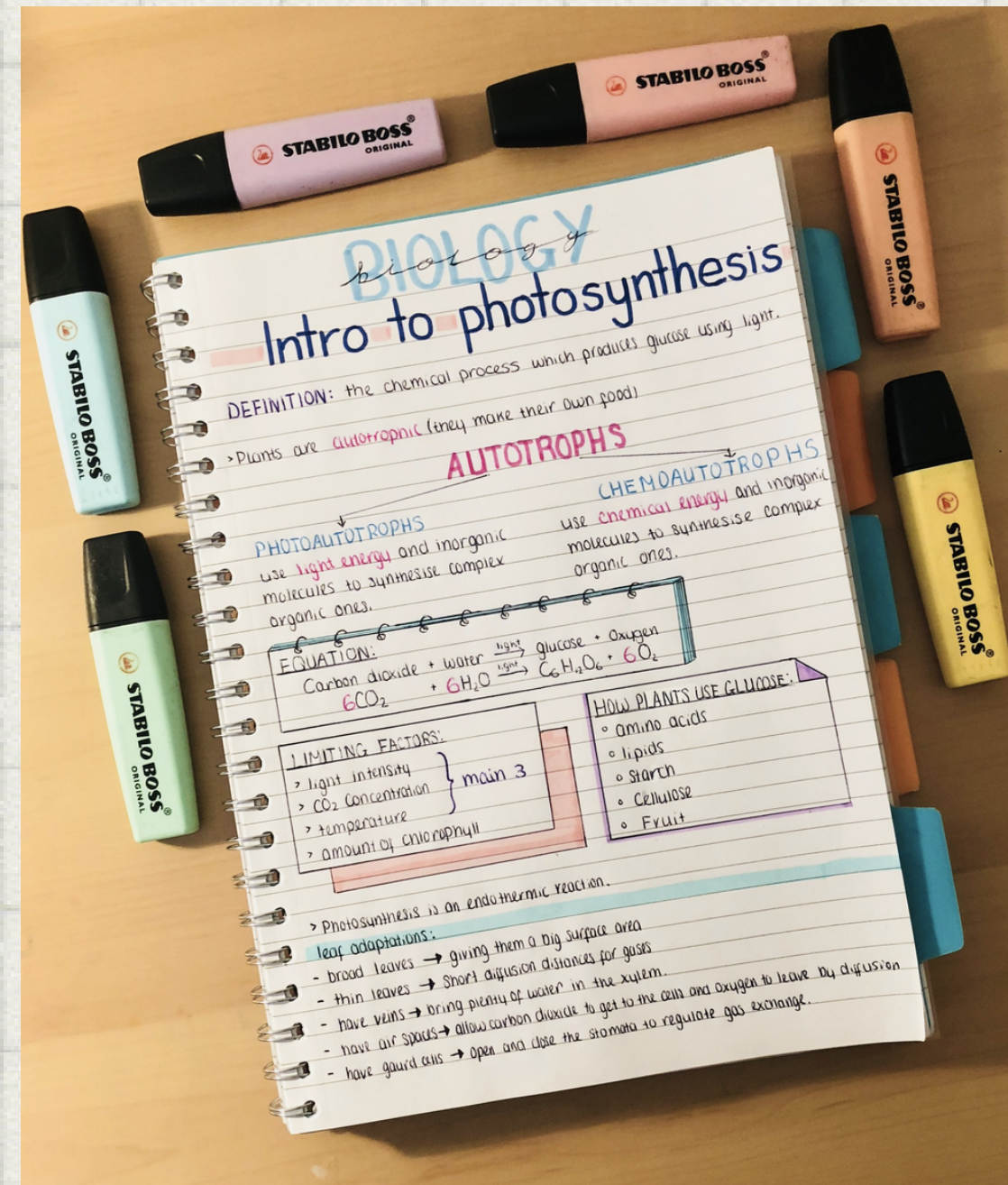
VISUAL STRATEGIES





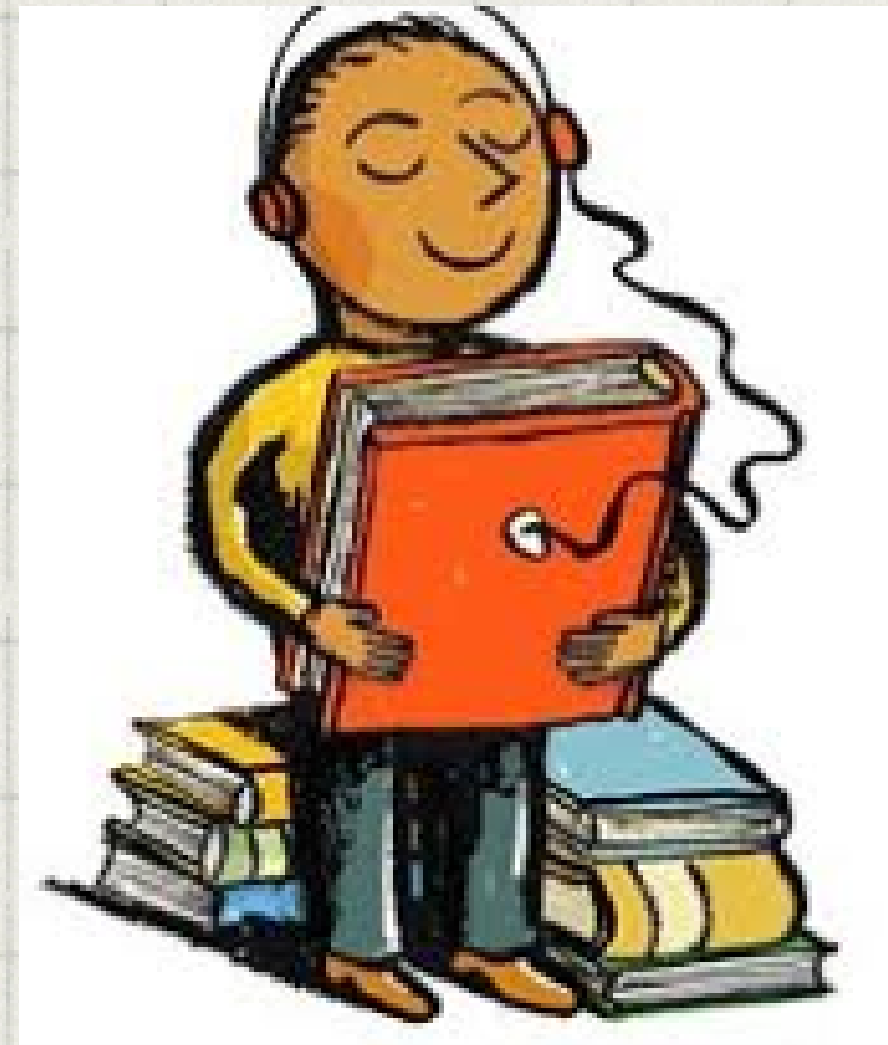
VISUAL STRATEGIES

Order of Operations	
B	Brackets
E	Exponents
D	Division
M	Multiplication
A	Addition
S	Subtraction





AUDITORY STRATEGIES





KINESTHETIC STRATEGIES



to memorize.
- After that, it is a constant & simple review (key to success!)

2. You can use them anywhere!
- Especially during "dead time":
• standing in line
• waiting for/on a bus
• in the car (not driving)
• walking
• etc.

3. Last-minute solution
• Good to use for a quick reminder before



Period 1 Exam



Mon. 23 Jan.

Wed. 25 Jan.

Fri. 27 Jan.

Mon. 30 Jan.

Period 3 Exam



Period 2 Exam



Period 4 Exam





DAYS BEFORE THE EXAM



-organize your study notes

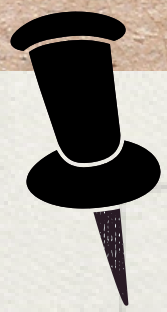


-ask your teacher questions



-set up a study schedule (blocks of time)





ONE DAY BEFORE THE EXAM



-FINAL REVIEW
OF NOTES

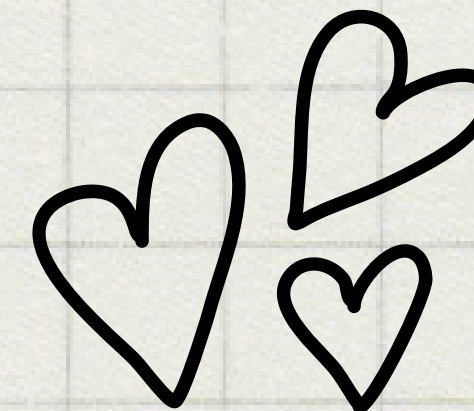
-GET A GOOD
NIGHT'S SLEEP

-LIMIT ONLINE
DISTRACTIONS





DURING THE EXAM



1

- Scan the entire test

2

- Answer the questions/sections of the test you are most certain about FIRST!

3

- Short answer –brainstorm quick bullet points (use the margins or scrap paper)

4

- Long answer/essay -create a quick mindmap to help organize your thoughts





TIPS FOR MULTIPLE CHOICE



1

- read through each question slowly and think of the possible answer **FIRST**

2

- eliminate answers you **KNOW** are wrong

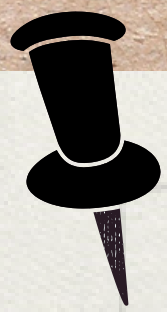
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- answer every question, **DO NOT** leave blanks

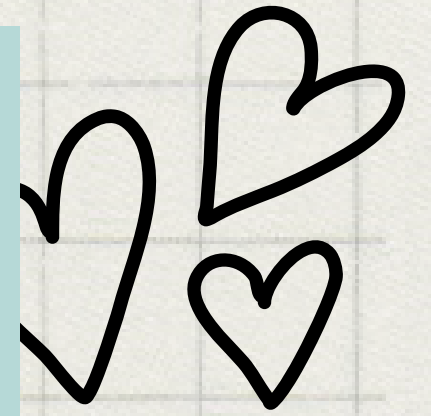
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- Manage your time, and don't obsess over it





STRESS RELIEF – TRY THIS!



5

4

3

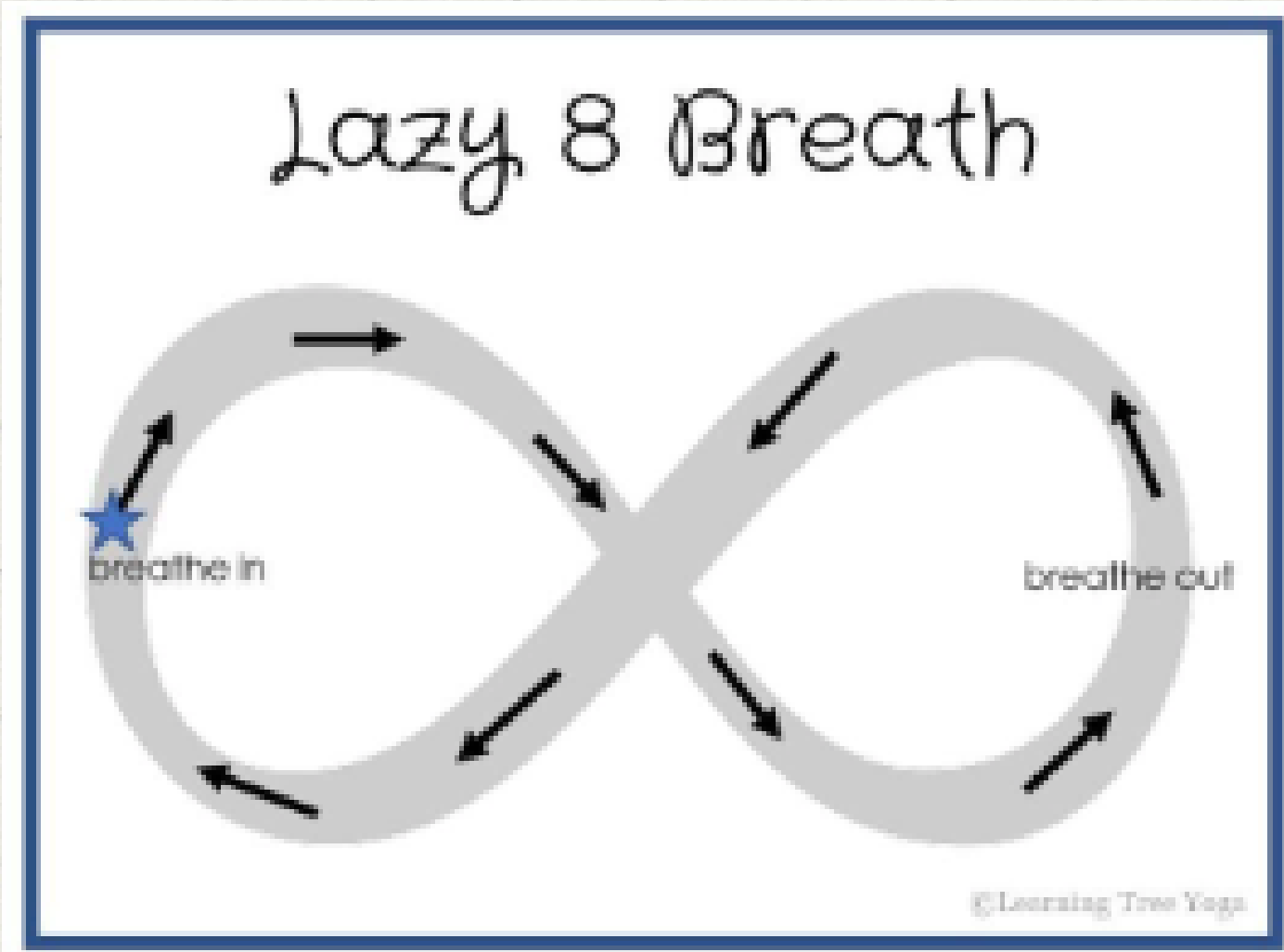
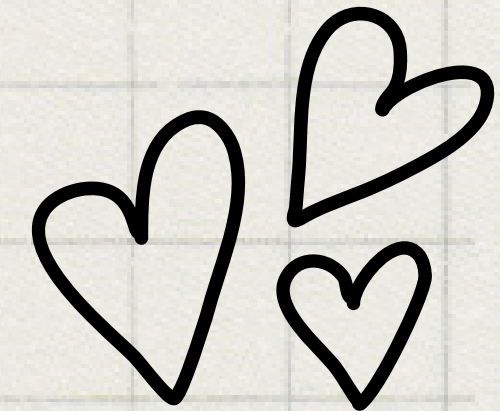
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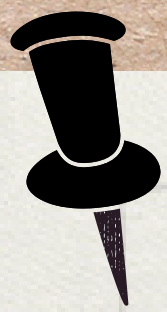
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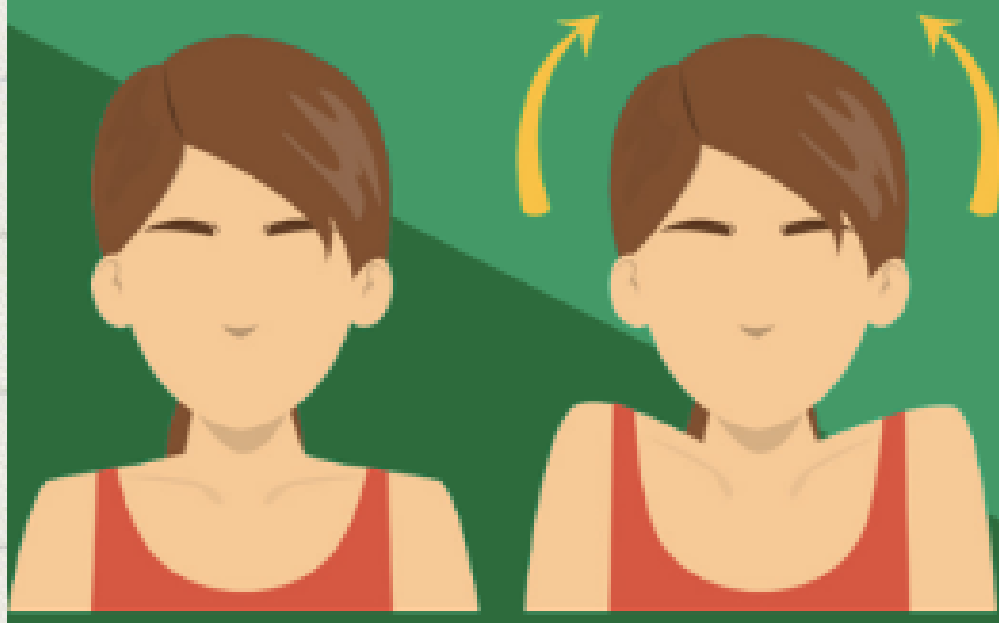


AND TRY THESE...





The Shoulder Shrug



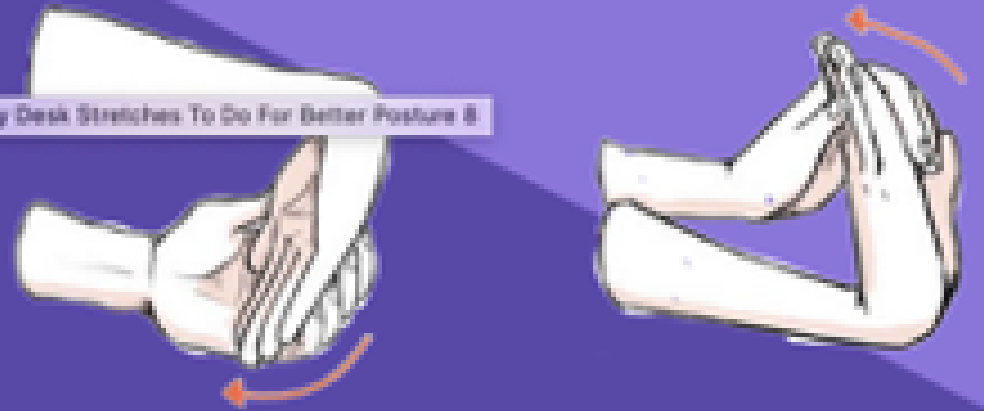
The Rotating Neck Tilt

13 Easy Desk Stretches To Do For Better Posture 3

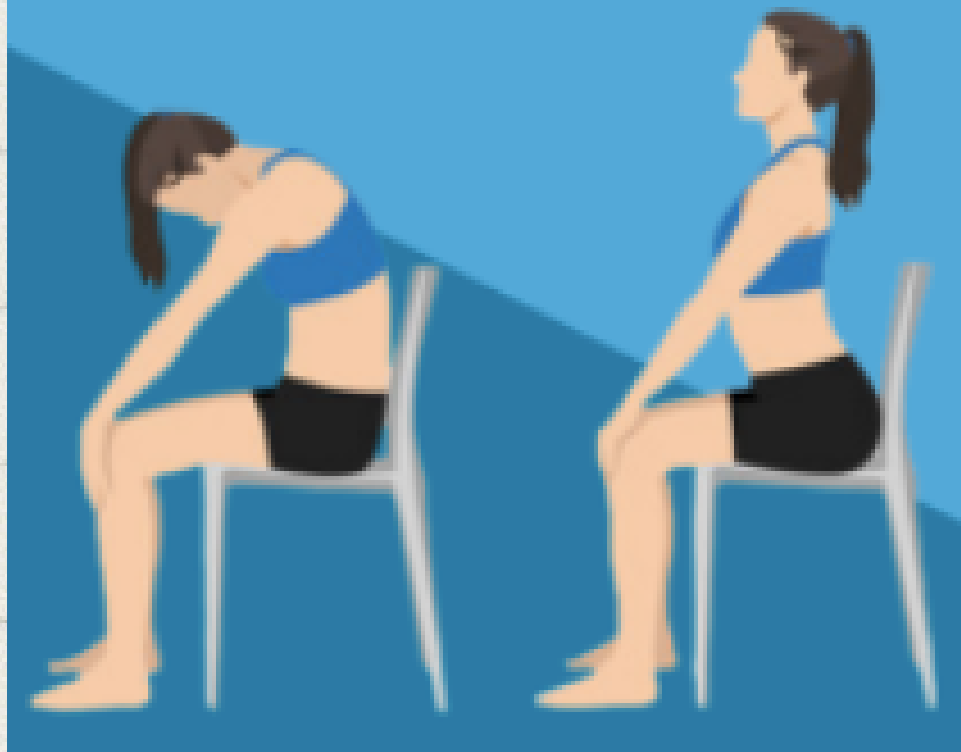


The Wrist/Forearm Stretch

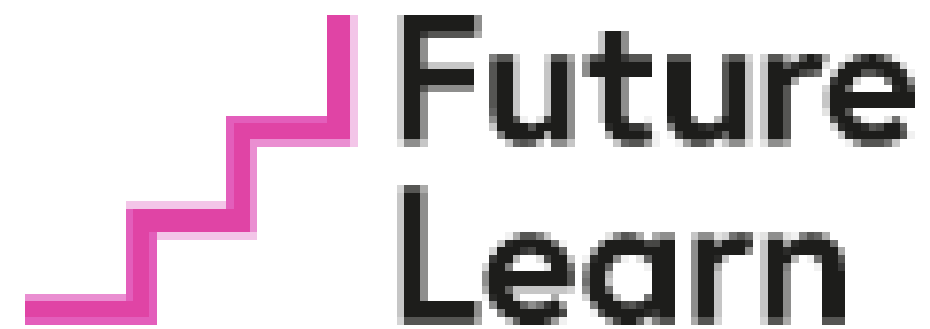
13 Easy Desk Stretches To Do For Better Posture 8



The Chair Cat Cow



Click the images below for some online resources:



**Top tips for
effective studying**



**Top tips for taking
tests and exams**

****Follow your Teacher's
guidelines for Subject
Specific exam prep!**