

Plan to Survive Exam Week

SCHEDULE FOR EXAMS

Prepare a general schedule. Write down the date of each exam and plan study times in advance for each course; remember that your hardest courses will require more study time.

- ① **START EARLY.** Schedule your study periods so you don't have to cram.
- ② **ALLOW LARGE BLOCKS OF TIME FOR STUDYING.** Study in one-hour blocks..
- ③ **ALLOW SHORT PERIODS FOR REVIEW.** Use the time in between other activities, like walking between classes or while waiting for class to start, for recall and review. Do this frequently; repetition increases your chances for retention and understanding.
- ④ **VARY WHAT YOU STUDY.** Don't study for two similar courses at the same time. It is better to study widely different courses so you don't confuse the information between them.
- ⑤ **SCHEDULE BREAKS.** Respect your concentration span. If you haven't studied much all semester, it will be difficult to maintain concentration for several hours at a time. Study for fifty minutes and then take a ten minute break.
- ⑥ **STAY WITH YOUR ROUTINE.** Stick to your normal daily routine as much as possible. If you do get off your routine and need extra time, avoid staying up all night; go to bed at your regular time and get up a couple of hours earlier than you normally would, to continue studying. You will be able to understand and remember more when you are rested than you would if you post-

THE NIGHT BEFORE

As you approach the first exam, and the time between exams,

- ① **SPEND TIME CALMLY REVIEWING WHAT YOU'VE LEARNED.** Try not to tackle new material.
- ② **GET PLENTY OF SLEEP.** Get at least six hours of sleep so you can concentrate, recall information, and answer exam questions clearly.
- ③ **CRAM SELECTIVELY.** The night before an exam is one of the least effective times for study, especially if you are anxious. Cramming only serves to make you more frantic about the exam. If you do get to exam time unprepared, use your last minute studying as a review of key concepts; don't try to learn it all. Be realistic about what you can accomplish: set priorities based on what you expect to be emphasized on the test. Stay calm.
- ④ **DON'T GO TO THE MOVIES.** Don't get involved in any activities that might either interfere with what you have been learning or make you feel so guilty that you study far into the night to make up for lost time. Review and relax.