



Studying for Tests

Develop a study strategy

- Try to figure out what will be on the test.
- Organize the information in a way that works best for you.
- Decide which are the most important things and learn them well.
- Set up a study schedule that you can stick to and use your time as wisely as you can. Remember that 30-40% of your mark could hinge on final exams.

Study principles

- Repetition and use of concepts will help you remember them. The more you use something the better you know it. (Frequency of Contact)
- When you study make your mind pay attention by making it do something new. Look for good exam questions and write them down. Write out answers to those questions. Write things using your own words. Associate what you are learning with your real life experience.
- If your mind remembers visual things, use lots of color and format your notes creatively.

Study techniques

- Use mnemonics to trigger your mind.
- Flash cards work well for memorization.
- Find out what mnemonics are, how to use them and which ones work best for you.
- A disorganized memory hinders recall. Conversely, if you organize the information you are trying to remember in a logical and systematic way you will increase your recall. It's like throwing files into a box randomly as opposed to organizing them carefully so that you can find them again.
- Watch for material that was presented in the lecture *and* the book because it is likely to be of high importance.
- Multiple-choice test questions will require knowing more details and are often directly related to the material in the textbook.
- Essay test questions require you to remember the material and use it in some type of analysis. You may have to explain where one theory agrees or disagrees with another theory.
- Always know definitions—use the glossary in the textbook for definitions.

