



# Wolfpack Exam Prep



The successful student using this guide is (name):

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Period	Course Name	Date of Exam	Time of Exam	Room Number
A		Friday Jan 27	8:30 am	
B		Monday Jan 30	8:30 am	
C		Tuesday Jan 31	8:30 am	
D		Wednesday Feb 1	8:30 am	

## Exam Day

1. Make sure that you have all of your required materials (pencil and eraser for scantron, pen, highlighter) AND any textbooks used in the class. You are encouraged to use the washroom before their exam. Once the exam begins, you will be escorted to a washroom and then back to their exam.
2. Leave all backpacks, coats, and technology in your locker.
3. The teacher will let you into the classroom 10-15 minutes before the beginning of the exam. Place any backpacks or study material away from your desk. Also, do not bring any technological devices to the exam (this could result in a zero mark).
4. Once the exam is handed out, check over your exam material. Make sure you have all pages and any reference sheets required. Write your name on EVERY page of your exam and on scantron.
5. You will have the allotted time to write your exam. This is an independent exam, which means no talking or disrupting people around you. Make sure that you keep your eyes on your own paper as plagiarism (cheating) could result in a mark of zero.
6. When you finish your exam, you can go quietly and directly to the library, cafeteria, or leave the school.
7. Note that any accommodations for exams (extended time, alternate locations) must be arranged BEFORE the exam period with classroom teacher and Resource or the Den.

**\*NO technologies (no earbuds, watches or cell phones)**

**\*NO borrowing supplies from friends**

## Studying for Exams

### 1. Organizing Yourself and Your Study Time

It is important to organize yourself and your study time in order to prepare for an exam. To help you organize yourself, answer the following questions (feel free to select more than one answer for each question):

- a) When do you do your best work? When do you learn best?
- As soon as I get home from school.
  - In the morning.
  - In the early evening, between 6-9 p.m.
  - In the late evening, between 9-11p.m.
  - Following a period of exercise or recreation.
- b) When do you learn most easily? How do you learn best?
- When I study alone.
  - When I study alone and then ask someone to quiz me.
  - When I study with someone.
  - When I read or say things aloud.
  - When I write things down.
- c) Where is the best place for you to study?
- In my room.
  - At the kitchen or dining room table.
  - At school.
  - At the library.
  - Away from the TV.
  - Away from music.
  - Away from people.
- d) What is an ideal length of time for you to study before you need to take a break?
- 15 minutes?
  - 20 minutes?
  - 30 minutes?
  - 45 minutes?
  - 1 hour?
- e) Do you have all of the materials that you will need in order to study effectively?
- Binder with notes?
  - Textbooks, novels?
  - Computer, laptop?
  - Pens, pencils, ruler, eraser, highlighters
  - Calculator?
  - Extra paper or index cards for taking study notes?
  - Bookmarks, paper clips?



## 2. Studying for Different Types of Learners

Examine the following types of learners. Think about how you will study if you are an auditory, visual, or kinesthetic learner.

### AUDITORY LEARNER

- Review the material aloud – concentrate and think about what you’re reading.
- Discuss what you have been studying with a friend or family member.
- Have someone ask you questions about what you’re reading.
- Have someone read to you part of the material that you’ve been studying; then you finish it off.
- Put notes on index cards. Read each card. Without looking at the card, re-state the material from memory.

### VISUAL LEARNER

- Read the material to yourself – concentrate – use a ruler or your finger to guide you.
- Write the key points on index cards or study sheets.
- Try to visualize in your mind “pictures” of the material you’re studying.
- Draw sketches, diagrams or flowcharts to summarize material being reviewed.
- Review material and rewrite or draw “key” ideas.

### KINESTHETIC LEARNER

- Write key points and summaries on index cards or study sheets.
- Try to dramatize the material that you are reviewing – move around.
- Construct graphic aids, pictures, diagrams, graphs, maps, models, etc

**QUICK TIPS FOR SERIOUS STUDYING**

- clearly define your task**  
ask yourself the night before, "if i can only accomplish one thing tomorrow, what would that be?"  
if you complete your task before the day is over, ask yourself the question again and repeat.
- get used to a routine**  
create a weekly plan and follow it. this will not only help you get organized, but knowing what you've accomplished so far and what you have ahead of you can relieve any study anxiety.
- optimize your study environment**  
declutter your work area  
decide whether you prefer silence or noise, like music or background sounds  
get comfortable!
- kick out distractions!**  
put away your phone  
turn off notifications  
unplug the tv
- put your health first**  
make sure you get plenty of sleep, eat healthy, balanced meals, and drink lots of water.  
breathe deeply, oxygen is good for your brain!
- try the ABC technique**  
A awareness - pause your studying to recognize and process the distraction  
B breathing - take a deep breath and think about your options regarding the distraction  
C choosing - choose to either respond to the distraction or to dismiss it, not allowing it to interrupt your workflow
- aim to always be focused!**  
to keep your mind in shape you should spend most of your time in a state of focus.  
instead of taking breaks from distraction to focus, take breaks from focus to clear out distractions.

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### 3. Tips For Studying

Not all people are the same. Study techniques that work for one person do not necessarily mean that they work for everyone. Here are some suggestions:

- Organize the notes you have from class, and break them down into the number of days that you have to study (i.e. if you have 15 days to study, break them into 15 sections). **Review each section every day.** By the end of the 15 days you will have reviewed all of the material but it will not be overwhelming.
- In the case of math or science, **do some practice problems**, don't just read them over.
- **Use your unit tests as practice** and start early so you have time to go over concepts that you had trouble with.
- **Emphasize** material/points that you do not understand well; don't spend a lot of time studying things that you already know.
- Learning takes place most effectively when information is processed in small chunks spread out over time. **So, if you want to remember what you study, review ideas a few at a time, many times.**
- **Highlight** important information or use a study sheet or index card. Highlighting helps you pick out the most important information to remember. If you have highlighted "key" points in your notes already, then you can save time by concentrating on the highlighted information.
- Alternate reading the information you want to learn and then **quizzing yourself** (or get someone else to) until you can recall it without referring back to your notes.
- Use a **study sheet** to help with the essential material to be remembered. It is a condensed version of your notes. The study sheet can contain: key points, point form notes, key terms or definitions, formulas, important names and dates, lists needed to commit to memory, etc.
- **Increase the number of senses involved** in the learning process. RECITATION, or repeating information aloud, transforming ideas into DIAGRAMS or MAPS, WRITING out information you wish to learn helps you to remember it better.
- A **memorable word** can often be created by using first letters of the terms you have to know. (e.g. HOMES can help you remember the names of the Great Lakes).
- When you must learn long lists of information, **chunking** or breaking the list up into related groups of information is useful.
- An often overlooked source of aid in preparing for exams are the **clues provided by your teacher.**
- Have a good night; **a good night's sleep** and **proper food** will help you do better on your exam.
- **Make up a self-test** to see if you know the information.
- **Do not** listen to music, watch tv, or go on your phone while studying. You will not be able to listen to music during the exam.
- **Do not** study for too long in one sitting, take short breaks between study periods.

## 4. Writing the Exam

- **Read the directions** carefully. This may be obvious, but it will help you avoid careless errors.
- Quickly look through the test for an **overview**. Note key terms, jot down brief notes.
- Answer questions in a **strategic order**. First, do the easy questions to build your confidence, then do the difficult questions.
- With multiple choice questions, first eliminate those answers you know to be wrong, or are likely to be wrong, don't seem to fit, or where two options are so similar as to be both incorrect.
- With essay/subjective questions, broadly outline your answer and sequence the order of your points.
- Use the **marking scheme** to help with the depth of your solution (i.e. A 4 mark question should contain 4 points in the answer).
- Monitor the **time**.
- Write **legibly** (so your teacher can read your answer)
- **Review** the exam. Sometimes reviewing the exam in a different order helps i.e. start at the back and work to the front.
- If time permits, don't leave questions unanswered, especially multiple choice.

### THE BEST WAY TO DO WELL ON AN EXAM IS TO BE PREPARED

# 15 Ways to Improve Memory

by @inner\_drive | www.innerdrive.co.uk

- Write things down
- Read More
- Chunking
- Little and Often
- Acronyms (BTW, KISS, OMG, S.C.U.B.A.)
- Make it a Story
- Practice, Practice, Practice (1, 2, 3...)
- Say things out loud (Blah, blah, blah, ...)
- Superior Focus
- Ask Why
- Teach it to someone else
- Drink Water
- Test Yourself
- Get Enough Sleep

## EXAM SUCCESS

### THE BOTTOM LINE

66% of material is forgotten within 7 days if it is not revisited

Experts believe that the avg concentration dies at around 18 mins

You will remember what you have learned better if you have a good nights sleep

8-10 HOURS SLEEP IS VITAL FOR PEAK PERFORMANCE

Although listening to music while studying may put you in a good mood, it may hinder your ability to memorize facts

#### Attendance = Achievement @ 5A\*-C (E&M)

Attendance %	% of students achieving 5A*-C (E&M)
< 85%	~10%
85-90%	~20%
91-95%	~40%
> 95%	~65%

The higher your attendance %, the better chance you have of exam success

#### Body Fuel

- 30%: The extent to which drinking water before an exam can improve your performance
- 10%: Dehydration by only 1% can lead to a decrease in performance by up to this amount
- 7%: The extra brain power you can access by eating fish once a week
- 10%: Loss of performance that teenagers who drink 2 units of alcohol per night suffer on memory tests

#### Healthy Body = Healthy Mind

Exercise stimulates blood flow, helping carry oxygen to the brain more efficiently

Regular exercise breaks during study periods helps to stimulate the brain, thus improving performance

## Preparing for the Exam

	<b>Course</b>	<b>Topics to Cover</b>	<b>Type of Questions (i.e. multiple choice/essay)</b>	<b>Material needed for the Exam</b>
<b>A</b>				
<b>B</b>				
<b>C</b>				
<b>D</b>				