Develop Your Study Strategies

Learning

Test preparation doesn't begin the week or night before the exam - it begins at the start of the semester. Attend class as often as possible and supplement your in-class experience with tutoring and careful review of course materials. Throughout the semester, it is important to ask yourself the following questions:

How can I make studying as multisensory (visual, auditory, & kinesthetic) as possible?
_____

How do I establish consistency in my study schedule?
_____

What academic improvements can I make now to help prevent cramming later?
_____

Wellness

Your brain functions best when it's healthy! Proper self-care can be difficult while managing a student's schedule, but improving your wellness habits will have a noticeable impact on your test performance. Here are a few things to think about while preparing for a test:

Eating - food provides your brain with vital nutrients it needs to perform

What do you tend to eat before your exams? _____
What kind of meal makes you feel happy and energized? _____

Need nutritious food free of charge? Head to the UA Campus Pantry at the Student Union Memorial Center (see schedule at http://campuspantry.arizona.edu/) and present your CatCard, no questions asked!

Sleep - sleep recharges you and increases your capacity to synthesize information

How does it feel to get a good night's sleep before a test? _____
What sleep habits could you improve upon? _____

Mental Health - practices such as positive self-talk, mindfulness, self-discipline, and rewarding efforts can help take some of the anxiety out of test taking.

What positive things might you tell yourself before a test? _____

How might you better manage your test anxiety? _____

What does self-discipline mean for you? _____

How do you reward your efforts and celebrate victories? _____

Remember a certain level of stress is natural and even helpful. Look up the TEDTalk "How to make stress your friend" by Kelly McGonigal for more.

But, if your stress or anxiety are getting in the way of your success, head to Counseling & Psychological Services at UA Campus Health and speak to licensed mental health expert.

Environment

Where, when, and how you study can make a huge difference during test time. **State-dependent learning** is the phenomenon whereby information and memory retrieval are most powerful when an individual simulates the test-taking environment as closely as possible. Try to create a study space that resembles the location and format of the test if you know this information in advance.

Everyone's optimal study environment is different so careful self-discovery and self-reflection are important. Think about the last few exams you have taken.

The last time I felt **underprepared** and my test **did not go well**:

I studied at/in _____

I studied by myself/with _____

I was distracted/stressed by _____

I reviewed the class materials using these methods:

_____

_____

The last time I felt **prepared** and my test **went well**:

I studied at/in _____

I studied by myself/with _____

I was distracted/stressed by _____

I reviewed the class materials using these methods:

_____

_____