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:
______________________________________________________________________________
______________________________________________________________________________