

Conquering Exam Season: Study Tips from the Viner Scholars Student Advisory Board



Claudia Bleicher:

1. Sleep! It can be really difficult to sleep enough when you're studying so much but it helps you feel awake and focused.
2. Study in places where other people are also studying. This motivates you to also study without distractions.
3. Stay organized. Make sure you know the correct dates of each midterm and assignment, so you can designate adequate time to focus on each task you have to complete.
4. Schedule fun things to do as a reward to yourself once you have completed your exams. It will give you something to look forward to.

Valeria Munoz:

1. Take additional notes during review day and pay attention to the topics your teachers emphasize. Use that list of topics to study for the exam.
2. Once you have a rough outline of all the major points, create a study guide to read over for the final exam. If you don't like writing stuff out manually, create a "quizlet" to have electronic flashcards. Quizlet also offers interactive games to study the information in a more entertaining way.

Sophia Sanchez:

1. Set aside time to study each day so it breaks up the information and you're not left cramming the night before.
2. Put your phone in another room or do not disturb so you don't get distracted.

Tatiana Cavarretta:

1. Self-care: You study best when you're rested and hydrated. Keep a healthy snack and water with you when you study. Make sure to sleep and if you notice yourself losing attention or drifting, stop studying and rest. It'll pay off in the long run.
2. Take care of your mental health: Speaking from someone who can get anxious or weary about test results while studying, look out for times when you start to get this way. When you do, take a second, take a deep breath, remind yourself that you are capable of succeeding. Then, start to study again. Also, I like to write inspirational quotes throughout my study guides to remind myself to stay strong.
3. Color coding is your best friend! If you are a visual learner/ test taker, highlighting the key words in your notes will help you remember them during the exam.
4. While studying read a portion of your material, and then write down what you remember about it. This helps to stimulate all learning styles. I like to use a mini whiteboard, so I can erase and rewrite with pretty colors.
5. Prioritize: If you want to do well on a final, that usually means that you have to sacrifice other areas. Prioritize your studying over going out or working if possible. It will help you to remain focused on the task at hand and improve your success.
6. Create a potential "exam" while studying. A great way to study for a final is to take the information you are learning and put it into the form of a question. This helps you to use critical thinking skills and begin preparing for common topics that may appear on the exam.
7. Use other tools: Using supplemental material to help you understand difficult concepts is extremely helpful. For example, if you're learning about the flow of the blood through the heart, watch a YouTube or Khan Academy video of the process so you can gain a better visual out of it.