



# STUDY TIPS FOR EXAMS

**Bethune SOS Seminar**

Presenters: Ailiya Rizwan, Arwa Djebien & Nazanin Marfou

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- Note: This presentation contains hyperlinks to websites. The presentation will be posted online under the Bethune College Workshops webpage: <https://www.yorku.ca/colleges/bethune/events-workshops/workshops/>



# MEET OUR MENTORS

**Arwa Djebien**

**Nazanin Marfou**

**Ailiya Rizwan**



# Overview

1. Preparing For An Exam
2. Strategies for Success
3. Before, During & After Your Exam
4. Summary
5. Advice From Our Mentors



# Preparing For An Exam



# First things first: GATHER INFORMATION!

## As soon as you can, figure out:

- When is your exam?
- What format is your exam?
- Is it cumulative? What does it cover?
- What type of questions will be asked? Multiple choice, true/false, essay, etc.?

**Read course the syllabus carefully** and talk to your TA and/or Professor if you have any questions/concerns.



# Plan Your Time

**Now that you know WHAT you need to do, PLAN how to do it.**

- Create writing and/or study plans
- Write down your plans
- Work backwards to plan for each exam
  - Try to refrain from “marathon sessions”

## **Remember!**

**DON'T** wait until the last minute! Plan ahead and make sure to schedule time for self-care and breaks. Keep your eye on the prize!



# Strategies For Success



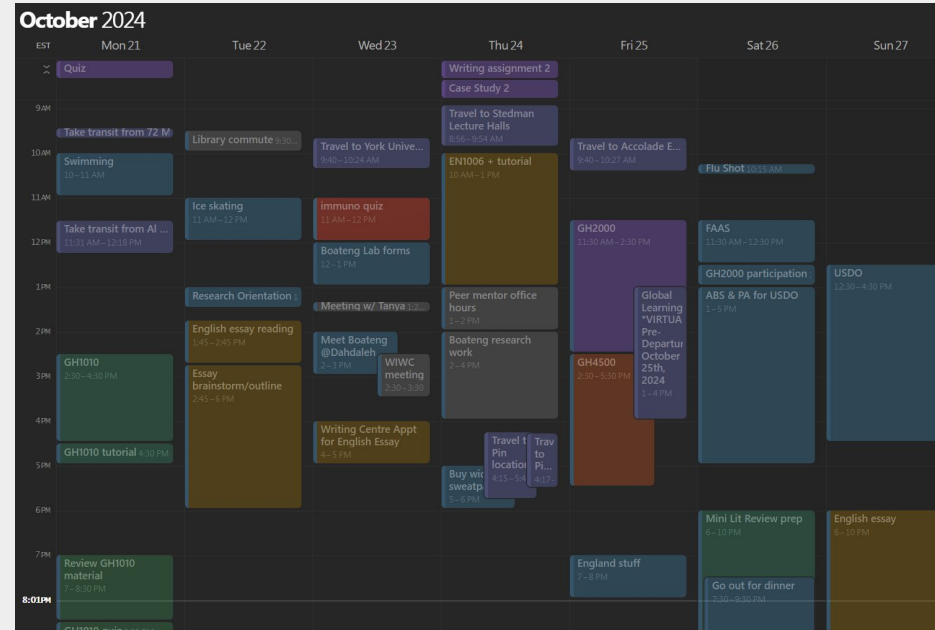
# PHONE AWAY

I'm not kidding, HIDE it so you're too lazy to go find it  
Out of sight, out of mind !!!!!



# Study Schedule

- Organize study materials
- Create a study guide for yourself
- Google Calendar
- Notion Calendar



# BUILDING AN EFFECTIVE SCHEDULE

Consider extracurricular commitments

Breaks!

	Monday	Tuesday	Wednesday	Thursday	Friday	
8:00AM				<b>Neuroscience Tutorial</b> 8:00AM-9:00AM		
8:30AM	<b>Neuroscience Lecture</b> 8:30AM-10:30AM					
9:00AM						
9:30AM						
10:00AM		<b>Neuroscience Lab</b> 10:00AM-12:00PM		<b>Psychology Lecture</b> 9:30AM-11:00AM		
10:30AM						
11:00AM						
11:30AM	<b>MATH Lecture</b> 11:00AM-12:00PM					
12:00PM						
12:30PM	<b>Anatomy Lecture</b> 12:30PM-1:30PM					
1:00PM						
1:30PM		<b>MATH Tutorial</b> 1:00PM-2:00PM				
2:00PM						
3:00PM						
3:30PM						
4:00PM						
4:30PM						

Consider time off

Consider your activity level

# Anki or Quizlet

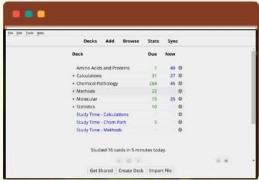
- Personalized Spaced repetition
- Active recall



[WiWC](#) is hosting an Anki Workshop next week in BC203  
Stay tuned for details!


**Elevate your ANKI to this:**

Before



Deck	Due	Next
Abundant Health Problems	7	10
+ Calculus	31	37
+ Chemical Pathways	264	0
+ Metabolic	12	0
+ Respiration	15	0
+ Synthesis	10	0
Study Time - Calculus	0	0
Study Time - Chem Path	5	0
Study Time - Metabolic	0	0

After



Make The ANKI Webpage Suit Your Style!

# WhiteBoard Brain Dump

- Active recall
- Writing is organized thought!
- Forces you to think
- Use in conjunction with flashcards





# Practice Questions

Strategies for Success

- Textbook
- Practice Exam
- Find questions online
- Make your own



# Teach someone or study group

Strategies for Success

- See if another person understands your explanation
- Explain it to a child
- Quiz each other
- Ask questions if you're confused



# “Cheat” sheet

Strategies for Success

- Making summary sheets forces you to explain ideas concisely
- Key concepts & formulas

# Pomodoro

- Good for those who can't study continuously for long periods
- Study in chunks
- Good for a long study day
- Keep active during break
- Common: 25/5 or 50/10

## THE POMODORO TECHNIQUE<sup>®</sup>

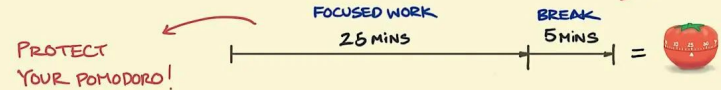
A SIMPLE METHOD TO BALANCE FOCUS WITH DELIBERATE BREAKS



1 PLAN YOUR TASKS  
How many pomodoros might you need?

2 DO 1 POMODORO  
Time for 25 mins then take a 5 min break

NO SNEAKY  
WORKING!



3 REPEAT x 4 POMODOROS  
Then take a longer break



CONCEIVED BY FRANCESCO CIRILLO

sketchplanations





# Before, During & After Your Exam



# Before Your Exam

## 1. SLEEP

Get a good night's sleep! You need to recharge your body and mind so that you can feel your best at the exam. Don't pull an all-nighter!

## 2. PACK

Get all your supplies together the **night before** so that you don't forget anything! (pens, pencils, erasers, calculators, **student card**, sweater etc.)

## 3. FUEL YOUR MIND

Make sure you eat some food, but nothing too big or too sugary/caffeinated. You don't want to feel sick or feel a sugar/coffee high during the exam.



# Before Your Exam

## **4. GIVE YOURSELF EXTRA TIME**

Arrive at least 15 minutes before your scheduled exam time. This will give you time to calm down, use the washroom & find a seat.

## **5. SET STUDY BOUNDARIES**

Try not to study RIGHT before your exam → more stressed if you find you can't remember something

# Setting Up for Success

## 1. GET COMFY

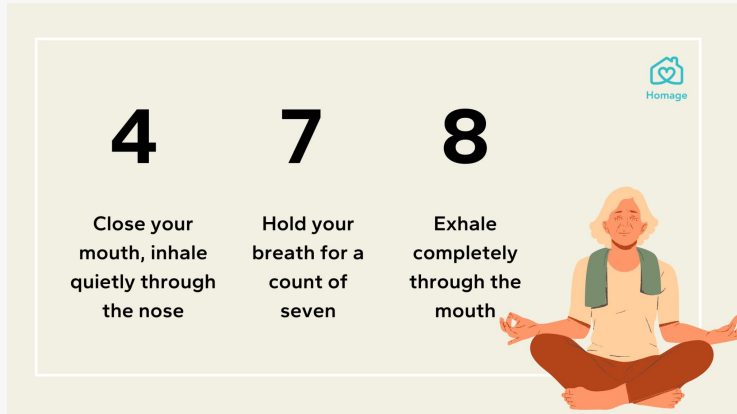
- **Check Your Environment:** Adjust chair and desk or comfort.
- **Prepare Essentials:** Gather pens, pencils, erasers, ID, water bottle, and any allowed materials.
- **Wear Layers:** Dress in layers for temperature control.
- **Relax Your Body:** Maintain good posture and stretch subtly if needed.



# Believe in yourself

## 2.BREATHE

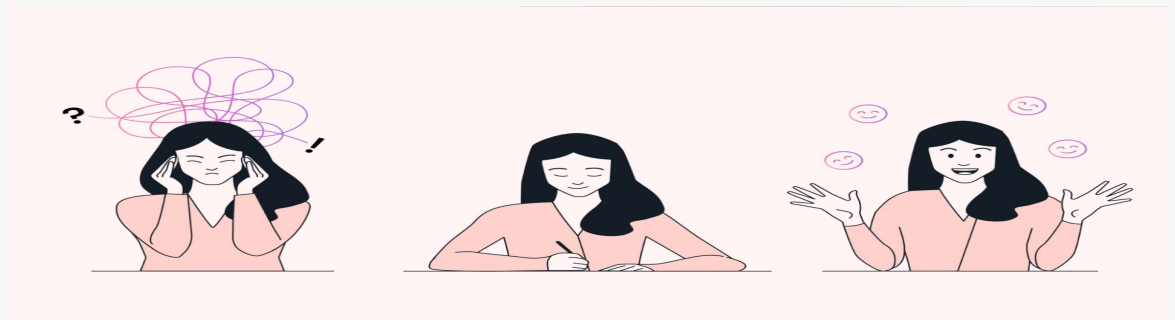
- **Deep Breathing:** Use the "4-7-8" technique (inhale for 4 counts, hold for 7, exhale for 8) to reduce anxiety.
- **Positive Visualization:** Picture yourself succeeding and feeling proud after the exam.
- **Positive Self-Talk:** Remind yourself that you've prepared for this moment. Focus on the effort you've put in and trust yourself to do your best. Replace negative thoughts like "I'm going to fail" with "I'm ready for this."



# Brain Dump & Organize

## 3. RECALL

- **Brain Dump:** Write down key formulas, equations, or important info at the start of the exam for quick reference.
- **Organize Your Thoughts:** For essays or long-answer questions, write down a quick outline or key points before starting so that you can structure your answer without worrying about missing important details.





# During Your Exam

## 4. READ CAREFULLY

Read through all the exam instructions and each question thoroughly before starting. Make sure you have all the exam pages.

## 5. SET TIME-BASED GOALS

Make up a rough “time budget”. Allot more time to questions worth more marks. Do the questions you know first (give yourself a confidence boost!). If possible, try to give yourself 10-15 minutes to review your answers.

## 6. DO YOUR BEST

Do your best to write down something for each question, even if it's just a formula or a few key points. Something is (usually) better than nothing!



# Ready, Set, Go! Exam Prep & Time Hacks

**Follow Instructions Precisely:** Pay attention to specific instructions (e.g., "One sentence answer," "No partial credit").

**Check for Missing Pages:** Quickly verify all pages are included in the exam and notify the examiner if something is missing.

**Time Management:** Divide the total exam time by the number of questions; adjust based on complexity.

**Start with Easy Questions:** Answer confident questions first to build momentum and secure easy marks.

**Prioritize Higher-Mark Questions:** Focus more time on questions worth more points if time runs short



# Stay Cool, Keep Calm & Conquer the Exam!

**Don't Leave Questions Blank:** Write something, even if incomplete, to earn partial credit.

**Show Your Work:** In math/science exams, detail your process for potential partial credit.

**Stay Calm and Persistent:** If stuck, move on and return to difficult questions later.  
Keep a steady pace





# After Your Exam

## 1. RELAX

Give yourself time to decompress and relax your brain for at least an hour if possible.

## 2. REVIEW

Review your exams once they are marked. See where you did well and where you made mistakes.

## 3. REFLECT

Reflect on which study strategies you used, and if they worked for you. Keep using the ones that worked and change up the others that didn't!

# Post-Exam Reflection & Growth

**Stress Management:** Take a break after the exam to recharge and avoid overthinking results.

**Physical Relaxation:** Engage in relaxing activities (walk, read, hobby) to reduce stress.

**Rest is Productive:** Relaxation aids recovery and improves future performance—take at least an hour to unwind.

**Learn from Mistakes:** Review your exam to understand errors and improve for next time.

**Celebrate Successes:** Acknowledge strengths and areas where you did well to boost confidence.

**Ask for Feedback:** Seek clarification from professors/TAs on mistakes or unclear questions.

**Self-Assessment:** Reflect on your study methods to see what worked and what didn't.

**Continuous Improvement:** Adapt and refine your study strategies for better performance next time





# Helpful Resources



# Helpful Resources

## 1. PASS

<https://www.yorku.ca/colleges/bethune/help/pass/schedule/>

## 2. PEER TUTORING

<https://www.yorku.ca/colleges/bethune/help/tutoring/schedule/>

## 3. STUDY TASK BREAKDOWN FOR EXAMS PLANNER

<https://www.yorku.ca/sclد/wp-content/uploads/sites/36/2023/11/Study-Task-Breakdown.pdf>

## 4. WRITING CENTRE

<https://www.yorku.ca/colleges/bethune/writing/>

# Summary

- Gather all the information you can about each exam as soon as possible
- Plan your time to study
- Write notes and create a study guide
- Before your exam, make sure you sleep, pack your bag, and eat some food
- During your exam, read carefully, set time-based goals, and try your best
- After your exam, relax, review, and reflect
- Seek extra support ahead of time if needed





# Advice From Our Mentors



**What study strategies  
worked for you in the past?**



# How did you know when to practice self-care and take breaks?

- When I kept getting burned out & could not study after X hours → studying past ur limit is useless + time waste
- Staying active helps fight off fatigue & better focus



# What on or off campus resources did you seek for extra help?

- **Peer Tutoring**
- **PASS (Peer Assisted Study Sessions)**
- **Office Hours**
  
- ★ **Professor Review Sessions:** Helpful tips and prioritizing topics.
- ★ **Practice Questions/Old Exams:** Familiarize yourself with the exam format and boost confidence.



# HAVE ANY QUESTIONS?

Send us an email:

[BCMENTOR@YORKU.CA](mailto:BCMENTOR@YORKU.CA)

Visit:

[bethune.yorku.ca](http://bethune.yorku.ca)