

Student Success Workshop

Test Prep: Midterm Edition



BOWIE

STATE UNIVERSITY

— 1865 —

Student Success Workshop- Test Prep: Midterm Edition

What this Workshop Isn't...

- A guarantee you will earn an A on your midterms
- The answer to your specific content questions
- The only time you should engage in studying for your exams

What this Workshop Is...

- An interactive workshop with an action plan for studying for your midterms
- A taste of study tips, strategies, and advice for test taking
- A bit of motivation to start studying

Objectives & Agenda

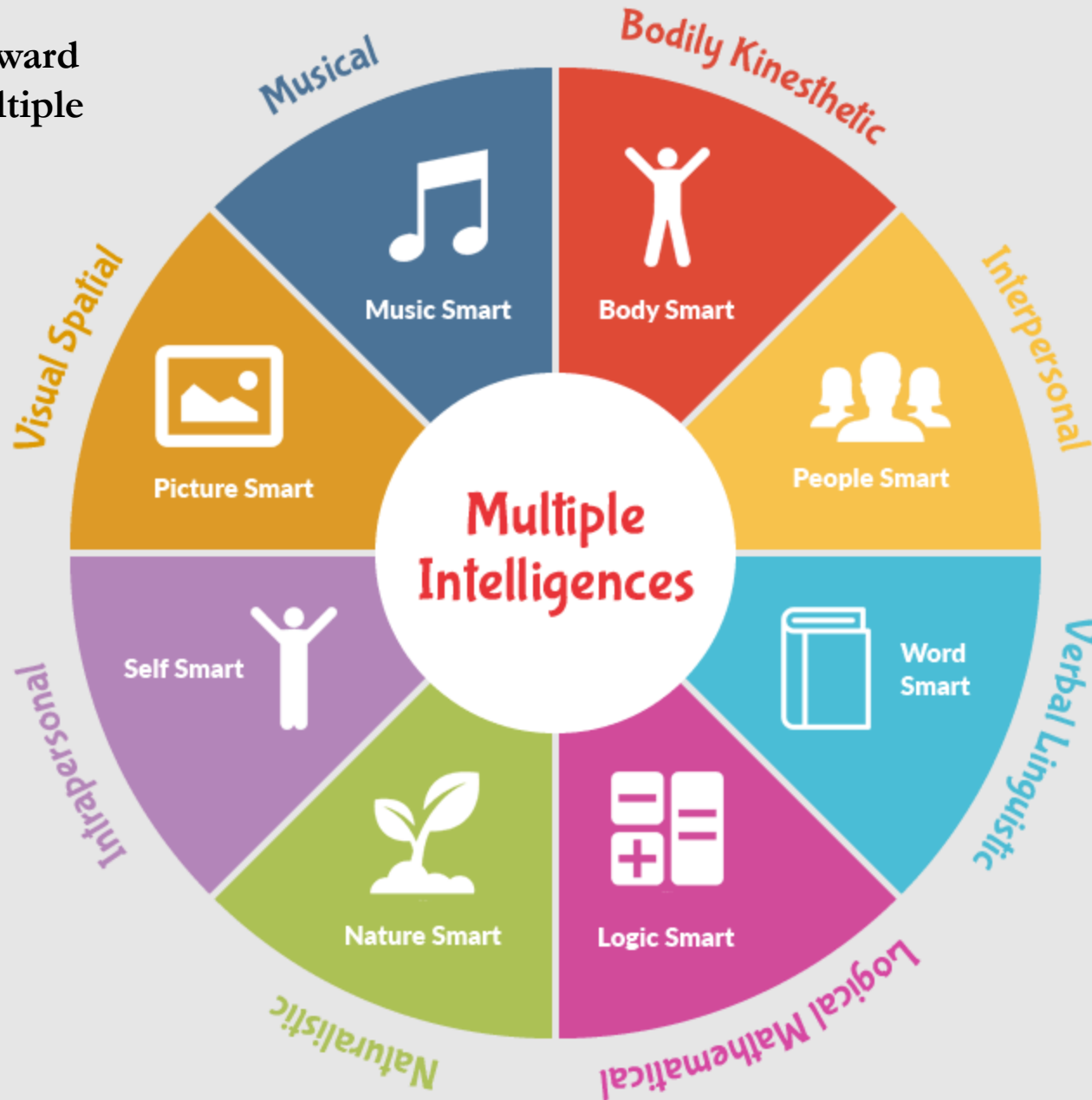
Objective

- SWBAT create an action plan to study for midterms and future exams.

Agenda

- How do you learn? – Howard Gardner's Theory of Multiple Intelligences
- Study Strategies
- 5 Day Study & Action Plan
- Academic Help & Resources

How do you learn? – Howard Gardner’s Theory of Multiple Intelligences



Howard Gardner's Theory of Multiple Intelligences

- Linguistic- Notes, Flash cards, Words
- Logical- charts, graphs
- Spatial-sketch, pictures, mind maps, infographics
- Kinesthetic- real life examples, action, hands on learning
- Musical- songs, rhymes, mnemonics
- Interpersonal-talk, teach, study groups, peer to peer tutoring
- Intrapersonal-journal, solo study/quiet learning environment

Multiple Intelligence Type	Prepare Strategy	Review Strategy
Linguistic	<ul style="list-style-type: none"> • write a story about what they're studying • write an instruction "manual" or give a "how to" speech • Create flashcards or use Quizlet • Rewrite class notes using the Cornell Notes system 	<ul style="list-style-type: none"> • Schedule an appointment with a subject area tutor or a peer to present your story or speech • Review your flashcards according to the 5 day plan • Cover the notes/answer section on the Cornell Notes and verbally respond to the questions (this can also be done with a partner).
Bodily-Kinesthetic	<ul style="list-style-type: none"> • Create a Tick Tok dance, or physically simulate a scientific process using a reel. • Use manipulatives • Create an interactive game like Charades to review concepts 	<ul style="list-style-type: none"> • Show a friend how to do your tick tok dance (teach the dance AND watch repeatedly) • Invite Peer study group to play your game
Logical-Mathematical	<ul style="list-style-type: none"> • Create a strategic game (similar to chess or checkers) • Create a chart or graph • Classification activities/studying 	<ul style="list-style-type: none"> • Invite Peer study group to play your game • Make your chart or graph visible in every space you encounter. • Explain your chart or graph to someone else
Visual-Spatial	<ul style="list-style-type: none"> • Draw a picture/Use picture to associate a concept • Create a mind map • Create an info graphic 	<ul style="list-style-type: none"> • Continue to recreate your mind map • Use your picture association as flashcards for continuous review
Musical	<ul style="list-style-type: none"> • Create a song/playlist of concepts 	<ul style="list-style-type: none"> • Listen to your playlist continuously.
Interpersonal	<ul style="list-style-type: none"> • Organize a study group • Schedule a peer tutoring session • Create a lesson plan 	<ul style="list-style-type: none"> • Teach a concept to a peer
Intrapersonal	<ul style="list-style-type: none"> • Create a quiet learning environment 	<ul style="list-style-type: none"> • Reserve a library carrel, create solo time for studying



Be Consistent



Go to **every** class



Review notes after every class and study regularly; studying shouldn't be put off until right before the test



In addition to regular study habits, study every day in the week leading up to the test

Week of exam- 5 Day Study & Action Plan

<https://youtu.be/ZFD4bnIRem0?list=PLsvsrc1wA-bdK7VGMD358yotGTAiiY3ik>

All study activities are not created equally

Don't just continue to read your notes. Do more with the material.

List you four chunks of materials below:

Chunk A:

Chunk B:

Chunk C:

Chunk D:

Day 1	Day 2	Day 3	Day 4	Day 5
Prepare Chunk A: 2 hrs.	Prepare Chunk B: 2 hrs. Review Chunk A: 30 min	Prepare Chunk C: 1.5 hrs. Review Chunk B: 30 min Review Chunk A: 15 min	Prepare Chunk D: 1 hr. Review Chunk C: 30 min Review Chunk B: 15 min Review Chunk A: 15 min	Review Chunk D: 25 min Review Chunk C: 15 min Review Chunk B: 10 min Review Chunk A: 10 min Self-test on: A, B, C, D: 1 hr.
Prepare Strategies:	Prepare Strategies: Review Strategies:	Prepare Strategies: Review Strategies:	Prepare Strategies: Review Strategies:	Prepare Strategies: Review Strategies:

Average Retention of Learning

Through your preferred method of learning can explode long-term retention rates by **up to 10x.**



BSU ACADEMIC HELP & RESOURCES

Talk with your Professor



VISIT YOUR
PROFESSOR'S OFFICE
HOURS IN ADVANCE
OF THE TEST



BE PREPARED TO SHOW THEM
WHAT YOU ALREADY HAVE
BEEN STUDYING AND YOUR
STUDY PLAN FOR THE TEST



ASK FOR
CLARIFICATION ON
CONCEPTS WITH
WHICH YOU MAY BE
STRUGGLING

Schedule a Tutoring Session



SCHEDULE A TUTORING SESSION
IN THE CONTENT AREA YOU ARE
STRUGGLING WITH AHEAD OF
TIME– CONSIDER BOOKING
MULTIPLE SESSIONS ACROSS
DISCIPLINES



BE PREPARED WITH YOUR
REVIEW STRATEGY WHEN
YOU COME TO YOUR
SESSION



ASK FOR
CLARIFICATION ON
CONCEPTS WITH
WHICH YOU MAY
BE STRUGGLING

Schedule a Tutoring Session via Smarthinking or Drop a Question



SCHEDULE A TUTORING SESSION IN THE CONTENT AREA YOU ARE STRUGGLING WITH AHEAD OF TIME– CONSIDER BOOKING MULTIPLE SESSIONS ACROSS DISCIPLINES



LOG ON TO SMARTHINKING AND DROP A QUICK QUESTION YOU ARE STRUGGLING WITH FOR IMMEDIATE RESPONSE



ASK FOR CLARIFICATION ON CONCEPTS WITH WHICH YOU MAY BE STRUGGLING

Strategies for Dealing with Test Anxiety

- Breathe
- Stretch
- Sit well
- Create positive mental messages
- Keep confidence high
- PRACTICE taking exam before
 - Sit at table with blank page
 - Write what you remember
 - Write how to begin a math problem
 - Write the formulas you've been studying

During the exam

1. Be careful. Read directions.
2. Calmly scan entire test
3. Use time wisely
4. Jot down idea starters
5. Answer easy questions first
6. If you panic or go blank, stop and relax
7. Try to answer every question
8. If you finish early, check your answers

Session Review

- Did we:
 - ✓ Explore how you learn through Howard Gardner's Theory of Multiple Intelligences
 - ✓ Examine specific study strategy for your preferred method of learning
 - ✓ Explore additional resources for academic help
 - ✓ Provide the tools to create an action plan to study for midterms and future exams