



SkillsUSA Georgia Weekly Chapter Activities

Week 19

Lesson Plan: Studying and Exam Tips

Objective: To enable students to schedule study time and do their very best on upcoming exams.

Instructions:

Review these studying/test taking tips and feel free to add your own:

Top Ten Test-Taking Tips for Students

Here are the top ten tips to success!

1. Have a Positive Attitude

Approach the big test as you'd approach a giant jigsaw puzzle. It might be tough, but you can do it! A positive attitude goes a long way toward success.

2. Make a Plan (see study scheduling below)

The week before the test, ask your teacher what the test is going to cover. Is it from the textbook only? Class notes? Can you use your calculator? If you've been absent, talk to friends about material you may have missed. Make a list of the most important topics to be covered and use that as a guide when you study. Circle items that you know will require extra time. Be sure to plan extra time to study the most challenging topics.

3. The Night Before

Cramming doesn't work. If you've followed a study plan, the night before the test you should do a quick review and get to bed early. Remember, your brain and body need sleep to function well, so don't stay up late!

4. The Morning of the Test

Did you know that you think better when you have a full stomach? So don't skip breakfast the morning of the test. Get to school early and do a ten-minute power study right before the test, so your brain is turned on and tuned up.

5. Test Time

Before the test begins, make sure you have everything you'll need - scratch paper, extra pencils, and your calculator (if you're allowed to use it). Understand how the test is scored: Do you lose points for incorrect answers? Or is it better to make guesses when you're not sure of the answer? Read the instructions! You want to make sure you are marking answers correctly.

6. Manage Your Time

Scan through the test quickly before starting. Answering the easy questions first can be a time saver and a confidence builder. Plus, it saves more time in the end for you to focus on the hard stuff.

7. I'm Stuck!

Those tricky problems can knock you off balance. Don't get worried or frustrated. Reread the question to make sure you understand it, and then try to solve it the best way you know how. If you're still stuck, circle it and move on. You can come back to it later. What if you have no idea about the answer? Review your options and make the best guess you can, but only if you don't lose points for wrong answers.

8. Multiple-Choice Questions

The process of elimination can help you choose the correct answer in a multiple-choice question. Start by crossing off the answers that couldn't be right. Then spend your time focusing on the possible correct choices before selecting your answer.

9. Neatness Counts

If your 4s look like 9s, it could be a problem. Be sure that your writing is legible and that you erase your mistakes. For scantron tests, fill in the spaces carefully.

10. I'm Done!

Not so fast - when you complete the last item on the test, remember that you're not done yet. First, check the clock and go back to review your answers, making sure that you didn't make any careless mistakes (such as putting the right answer in the wrong place or skipping a question). Spend the last remaining minutes going over the hardest problems before you turn in your test.

Study Time Planning

Plan, plan, plan. Before finals begin, get out your calendar and schedule as much of your finals week as possible. Then stick with the schedule.

Important things to remember when scheduling study time:

- Prioritize.** You have limited time to study and will have to choose what to spend the most time with. You could spend hours and hours on that math exam because if you do really well, you might be able to pull off a C. Or you can spend hours and hours on a history exam because if you do well, you've got a good shot at an A. It's up to you.
 - Schedule in study breaks.** Don't plan to study non-stop for the next five days. When you write your schedule, include short study breaks to help you recharge. You'll feel so much better and will be able to concentrate so much more.
 - Schedule in sleep.** Some people can function well on three hours of sleep a night. Most cannot. You'll do much better during exams if your mental state is good, and sleep is essential for this.
 - Free your schedule.** As much as possible, eliminate other responsibilities. Work fewer hours. Put off social events.
 - Keep things in perspective.** What's the worst thing that can happen if you don't do well on this test? Excessive stress will make you crazy and hurt your performances on tests, so as much as you can, relax. And if you're having serious problems with anxiety during final exams, seek help at your school's counseling center. This is a common problem that schools are well equipped to help you with.
1. Have your students list the exams they will be taking in the next weeks, prioritize which test(s) will need the most study time.
 2. Then have your students list their available times to study and using the test rankings the students should schedule when they will study for each exam.