



Strategies for Academic Success

Strategies for Academic Success

How to Read a Math Textbook

Reading a textbook is very different than reading a book for fun. You have to concentrate more on what you are reading because you will likely be tested on the content. Reading a math textbook requires a different approach than reading literature or history textbooks because the math textbook contains a lot of symbols and formulas in addition to words. Here are some tips to help you successfully read a math textbook.

Don't Skim

When reading math textbooks, look at everything: titles, learning objectives, definitions, formulas, text in the margins, and any text that is highlighted, outlined, or in bold. Also pay close attention to any tables, figures, charts, and graphs.

Minimize Distractions

Reading a math textbook requires much more concentration than a novel by your favorite author, so pick a study environment with few distractions and a time when you are most attentive.

Start at the Beginning

Don't start in the middle of an assigned section. Math tends to build on previously learned concepts and you may miss an important concept or formula that is crucial to understanding the rest of the material in the section.

Highlight and Annotate

Put your book to good use and **don't be afraid to add comments and highlighting**. If you don't understand something in the text, reread it a couple of times. If it is still not clear, note the text with a question mark or some other notation so you can ask your instructor about it.

Go through Each Step of Each Example

Make sure you understand each step of an example. If you don't understand something, mark it so you can ask about it in class. Sometimes math textbooks leave out intermediate steps to save space. Try working through the examples on your own, filling in any missing steps.

Take Notes *< This is important!*

Write down important definitions, symbols or notation, properties, formulas, theorems, and procedures. Review these daily as you do your homework and before taking quizzes and tests. Practice rewriting definitions in your own words so you understand them better.

Notes 9-25-17:

- The opposite of a negative integer is a positive integer.
- To add two integers with the same signs add their absolute values and use their common sign

Use Available Resources

Many textbooks have companion websites to help you understand the content. These resources may contain videos that help explain more complex steps or concepts. Try searching the internet for additional explanations of topics you don't understand.

Read the Material Before Class

Try to read the material from your book before the instructor lectures on it. After the lecture, reread the section again to help you retain the information as you look over your class notes.

Understand the Mathematical Definitions $+$ $\times$ $=$

Many terms used in everyday English have a different meaning when used in mathematics. Some examples include equivalent, similar, average, median, and product. Two equations can be equivalent to one another without being equal. An average can be computed mathematically in several ways. It is important to note these differences in meaning in your notebook along with important definitions and formulas.

Try Reading the Material Aloud

Reading aloud makes you focus on every word in the sentence. Leaving out a word in a sentence or math problem could give it a totally different meaning, so be sure to read the text carefully and reread, if necessary.

Questions

1. Explain how taking notes can help you understand new concepts and skills while reading a math textbook.
2. Think of two more tips for reading a math textbook.

1. Answers will vary. You can review the notes, work out examples, write questions to ask the instructor, etc.
2. Answers will vary. You can compare notes with a study group, write a short summary of the lesson, write down the main objectives, etc.

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Tips for Success in a Math Course

Read Your Textbook/Workbook

One of the most important skills when taking a math class is knowing how to read a math textbook. Reading a section before class and then reading it again afterwards is an important strategy for success in a math course. If you don't have time to read the entire assigned section, you can get an overview by reading the introduction or summary and looking at section objectives, headings, and vocabulary terms.

Take Notes

Take notes in class using a method that works for you. There are many different note-taking strategies, such as the Cornell Method and Concept Mapping. You can try researching these and other methods to see if they might work better than your current note-taking system.

Review

While the information is fresh in your mind, read through your notes as soon as possible after class to make sure they are readable, write down any questions you have, and fill in any gaps. Mark any information that is incomplete so that you can get it from the textbook or your instructor later.

Stay Organized

As you review your notes each day, be sure to label them using categories such as definition, theorem, formula, example, and procedure. Try highlighting each category with a different colored highlighter.

Use Study Aids

Use note cards to help you remember definitions, theorems, formulas, or procedures. Use the front of the card for the vocabulary term, theorem name, formula name, or procedure description. Write the definition, the theorem, the formula, or the procedure on the back of the card, along with a description in your own words.

Practice, Practice, Practice!

Math is like playing a sport. You can't improve your basketball skills if you don't practice—the same is true of math. Math can't be learned by only watching your instructor work through problems; you have to be actively involved in doing the math yourself. Work through the examples in the book, do some practice exercises at the end of the section or chapter, and keep up with homework assignments on a daily basis.

Do Your Homework

When doing homework, always allow plenty of time to finish it before it is due. Check your answers when possible to make sure they are correct. With word or application problems, always review your answer to see if it appears reasonable. Use the estimation techniques that you have learned to determine if your answer makes sense.

Understand, Don't Memorize

Don't try to memorize formulas or theorems without understanding them. Try describing or explaining them in your own words or look for patterns in formulas so you don't have to memorize them. For example, you don't need to memorize every perimeter formula if you understand that perimeter is equal to the sum of the lengths of the sides of the figure.

Study

Plan to study two to three hours outside of class for every hour spent in class. If math is your most difficult subject, then study while you are alert and fresh. Pick a study time when you will have the least interruptions or distractions so that you can concentrate.

Manage Your Time

Don't spend more than 10 to 15 minutes working on a single problem. If you can't figure out the answer, put it aside and work on another one. You may learn something from the next problem that will help you with the one you couldn't do. Mark the problems that you skip so that you can ask your instructor about it during the next class. It may also help to work a similar, but perhaps easier, problem.

Questions

1. Based on your schedule, what are the best times and places for you to study for this class?
2. Describe your method of taking notes. List two ways to improve your method.

1. Answers will vary depending on student's schedule.
2. Answers will vary.



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Tips for Improving Math Test Scores

Preparing for a Math Test

- Avoid cramming right before the test and don't wait until the night before to study. Review your notes and note cards every day in preparation for quizzes and tests.
- If the textbook has a chapter review or practice test after each chapter, work through the problems as practice for the test.
- If the textbook has accompanying software with review problems or practice tests, use it for review.
- Review and rework homework problems, especially the ones that you found difficult.
- If you are having trouble understanding certain concepts or solving any types of problems, schedule a meeting with your instructor or arrange for a tutoring session (if your college offers a tutoring service) well in advance of the next test.

Test-Taking Strategies

- Scan the test as soon as you get it to determine the number of questions, their levels of difficulty, and their point values so you can adequately gauge how much time you will have to spend on each question.
- Start with the questions that seem easiest or that you know how to work immediately. If there are problems with large point values, work them next since they count for a larger portion of your grade.
- Show all steps in your math work. This will make it quicker to check your answers later once you are finished since you will not have to work through all the steps again.
- If you are having difficulty remembering how to work a problem, skip it and come back to it later so that you don't spend all of your time on one problem.

After the Test

- The material learned in most math courses is cumulative, which means any concepts you miss on each test may be needed to understand concepts in future chapters. That's why it is extremely important to review your returned tests and correct any misunderstandings that may hinder your performance on future tests.
- Be sure to correct any work you did wrong on the test so that you know the correct way to do the problem in the future. If you are not sure what you did wrong, get help from a peer who scored well on the test or schedule time with your instructor to go over the test.
- Analyze the test questions to determine if the majority came from your class notes, homework problems, or the textbook. This will give you a better idea of how to spend your time studying for the next test.
- Analyze the errors you made on the test. Were they careless mistakes? Did you run out of time? Did you not understand the material well enough? Were you unsure of which method to use?
- Based on your analysis, determine what you should do differently before the next test and where you should focus your time.

Questions

1. Determine the resources that are available to you to help you prepare for tests, such as instructor office hours, tutoring center hours, and study groups.
2. Discuss two additional test taking strategies.

1. Answers will vary depending on instructor and school.

2. Answers will vary but may include writing down formulas or definitions.



Strategies for Academic Success

Practice, Patience, and Persistence!

Have you ever heard the phrase “practice makes perfect”? This saying applies to many things in life. You won’t become a concert pianist without many hours of practice. You won’t become an NBA basketball star by sitting around and watching basketball on TV. The saying even applies to riding a bike. You can watch all of the videos and read all of the books on riding a bike, but you won’t learn how to ride a bike without actually getting on the bike and trying to do it yourself. The same idea applies to math. Math is not a spectator sport.

Math is not learned by sleeping with your math book under your pillow at night and hoping for osmosis (a scientific term implying that math knowledge would move from a place of higher concentration—the math book—to a place of lower concentration—your brain). You also don’t learn math by watching your professor do hundreds of math problems while you sit and watch. Math is learned by doing. Not just by doing one or two problems, but by doing many problems. Math is just like a sport in this sense. You become good at it by doing it, not by watching others do it. You can also think of learning math like learning to dance. A famous ballerina doesn’t take a dance class or two and then end up dancing the lead in *The Nutcracker*. It takes years of practice, patience, and persistence to get that part.

Now, we aren’t suggesting that you dedicate your life to doing math, but at this point in your education, you’ve already spent quite a few years studying the subject. You will continue to do math throughout college—and your life. To be able to financially support yourself and your family, you will have to find a job, earn a salary, and invest your money—all of which require some ability to do math. You may not think so right now, but math is one of the more useful subjects you will study.

It’s important not only to practice math when taking a math course, but also to be patient and not expect immediate success. Just like a ballerina or NBA basketball star, who didn’t become exceptional athletes overnight, it will take some time and patience to develop your math skills. Sure, you will make some mistakes along the way, but learn from those mistakes and move on.

Practice, patience, and persistence are especially important when working through applications or word problems. Most students don’t like word problems and, therefore, avoid them. You won’t become good at working word problems unless you practice them over and over again. You’ll need to be patient when working through word problems in math since they will require more time to work than typical math skills exercises. The process of solving word problems is not a quick one and will take patience and persistence on your part to be successful.

Just as you work your body through physical exercise, you have to work your brain through mental exercise. Math is an excellent subject to provide the mental exercise needed to stimulate your brain. Your brain is flexible and it continues to grow throughout your life span—but only if provided the right stimuli. Studying mathematics and persistently working through tough math problems is one way to promote increased brain function. So, when doing mathematics, remember the 3 P’s—Practice, Patience, and Persistence—and the positive effects they will have on your brain!

Questions

1. What is another area (not mentioned here) that requires practice, patience, and persistence to master? Can you think of anything you could master without practice?
2. Can you think of an example in your study of math where practice, patience, and persistence have helped you improve?

1. Answers will vary.

2. Answers will vary.

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Note Taking

Taking notes in class is an important step in understanding new material. While there are several methods for taking notes, every note-taking method can benefit from these general tips.

General Tips

- Write the date and the course name at the top of each page.
- Write the notes in your own words and paraphrase.
- Use abbreviations, such as ft for foot, # for number, def for definition, and RHS for right-hand side.
- Copy all figures or examples that are presented during the lecture.
- Review and rewrite your notes after class. Do this on the same day, if possible.

There are many different methods of note taking and it's always good to explore new methods. A good time to try out new note-taking methods is when you rewrite your class notes. Be sure to try each new method a few times before deciding which works best for you. Presented here are three note-taking methods you can try out. You may even find that a blend of several methods works best for you.

Note-Taking Methods

Outline

An outline consists of several topic headings, each followed by a series of indented bullet points that include subtopics, definitions, examples, and other details.

Example:

1. Ratio
 - a. Comparison of two quantities by division.
 - b. Ratio of a to b
 - i. $\frac{a}{b}$
 - ii. $a : b$
 - iii. a to b
 - c. Can be reduced
 - d. Common units can cancel

Split Page

The split page method divides the page vertically into two columns with the left column narrower than the right column. Main topics go in the left column and detailed comments go in the right column. The bottom of the page is reserved for a short summary of the material covered.

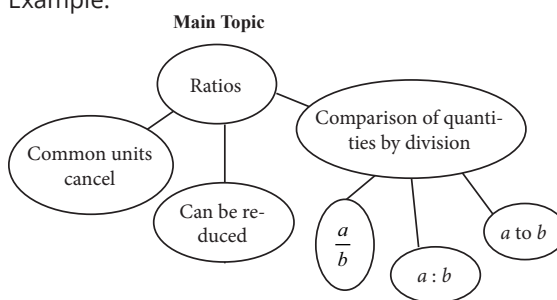
Example:

Keywords:	Notes:
Ratios	1. Comparison of two quantities by division 2. $\frac{a}{b}$, $a : b$, a to b 3. Can reduce 4. Common units can cancel
Summary: Ratios are used to compare quantities and units can cancel.	

Mapping

The mapping method is the most visual of the three methods. One common way to create a mapping is to write the main idea or topic in the center and draw lines, from the main idea to smaller ideas or subtopics. Additional branches can be created from the subtopics until all of the key ideas and definitions are included. Using a different color for subtopic can help visually organize the topics.

Example:



Questions

1. Find two other note taking methods and describe them.
2. Write five additional abbreviations that you could use while taking notes.

1. Answers will vary.

2. Answers will vary.

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Do I Need a Math Tutor?

If you do not understand the material being presented in class, if you are struggling with completing homework assignments, or if you are doing poorly on tests, then you may need to consider getting a tutor. In college, everyone needs help at some point in time. What's important is to recognize that you need help before it's too late and you end up having to retake the class.

Alternatives to Tutoring

Before getting a tutor, you might consider setting up a meeting with your instructor during their office hours to get help. Unfortunately, you may find that your instructor's office hours don't coincide with your schedule or don't provide enough time for one-on-one help.

Another alternative is to put together a study group of classmates from your math class. Working in groups and explaining your work to others can be very beneficial to your understanding of mathematics. Study groups work best if there are three to six members. Having too many people in a study group may make it difficult to schedule a time for all group members to meet. A large study group may also increase distractions. If you have too few people and those that attend are just as lost as you, then you aren't going to be helpful to each other.

Where to Find a Tutor

Many schools have both group and individual tutoring available. In most cases, the cost of this tutoring is included in tuition costs. If your college offers tutoring through a learning lab or tutoring center, then you should take advantage of it. You may need to complete an application to be considered for tutoring, so be sure to get the necessary paperwork at the start of each semester to increase your chances of getting a tutoring time that works well with your schedule. This is especially important if you know that you struggle with math or haven't taken any math classes in a while.

If you find that you need more help than the tutoring center can provide, or your school doesn't offer tutoring, you can hire a private tutor. The hourly cost to hire a private tutor varies significantly depending on the area you live in along with the education and experience level of the tutor. You might be able to find a tutor by asking your instructor for references or by asking friends who have taken higher-level math classes than you have. You can also try researching the internet for local reputable tutoring organizations in your area.

What to Look for in a Tutor

Whether you obtain a tutor through your college or hire a personal tutor, look for someone who has experience, educational qualifications, and who is friendly and easy to work with. If you find that the tutor's personality or learning style isn't similar to yours, then you should look for a different tutor that matches your style. It may take some effort to find a tutor who works well with you.

How to Prepare for a Tutoring Session

To get the most out of your tutoring session, come prepared by bringing your text, class notes, and any homework or questions you need help with. If you know ahead of time what you will be working on, communicate this to the tutor so they can also come prepared. You should attempt the homework prior to the session and write notes or questions for the tutor. Do not use the tutor to do your homework for you. The tutor will explain to you how to do the work and let you work some problems on your own while he or she observes. Ask the tutor to explain the steps aloud while working through a problem. Be sure to do the same so that the tutor can correct any mistakes in your reasoning. Take notes during your tutoring session and ask the tutor if he or she has any additional resources such as websites, videos, or handouts that may help you.

Questions

1. It's important to find a tutor whose learning style is similar to yours. What are some ways that learning styles can be different?
2. What sort of tutoring services does your school offer?

1. Answers will vary.

2. Answers will vary.

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Tips for Improving Your Memory

Experts believe that there are three ways that we store memories: first in the sensory stage, then in short term memory, and finally in long term memory.¹ Because we can't retain all the information that bombards us daily, the different stages of memory act as a filter. Your sensory memory lasts only a fraction of a second and holds your perception of a visual image, a sound, or a touch. The sensation then moves to your short term memory, which has the limited capacity to hold about seven items for no more than 20 to 30 seconds at a time. Important information is gradually transferred to long term memory. The more the information is repeated or used, the greater the chance that it will end up in long term memory. Unlike sensory and short term memory, long term memory can store unlimited amounts of information indefinitely. Here are some tips to improve your chances of moving important information to long-term memory.

Be attentive and focused on the information.

Study in a location that is free of distractions and avoid watching TV or listening to music with lyrics while studying.

Recite information aloud.

Ask yourself questions about the material to see if you can recall important facts and details. Pretend you are teaching or explaining the material to someone else. This will help you put the information into your own words.

Associate the information with something you already know.

Think about how you can make the information personally meaningful—how does it relate to your life, your experiences, and your current knowledge? If you can link new information to memories already stored, you create “mental hooks” that help you recall the information. For example, when trying to remember the formula for slope using rise and run, remember that rise would come alphabetically before run, so rise will be in the numerator in the slope fraction and run will be in the denominator.

Use visual images like diagrams, charts, and pictures.

You can make your own pictures and diagrams to help you recall important definitions, theorems, or concepts.

Split larger pieces of information into smaller “chunks.”

This is useful when remembering strings of numbers, such as social security numbers and telephone numbers. Instead of remembering a sequence of digits such as 555777213 you can break it into chunks such as 555 777 213.

Group long lists of information into categories that make sense.

For example, instead of remembering all the properties of real numbers individually, try grouping them into shorter lists by operation, such as addition and multiplication.

Use mnemonics or memory techniques to help remember important concepts and facts.

A mnemonic that is commonly used to remember the order of operations is “Please Excuse My Dear Aunt Sally,” which uses the first letter of the words Parentheses, Exponents, Multiplication, Division, Addition, and Subtraction to help you remember the correct order to perform basic arithmetic calculations. To make the mnemonic more personal and possibly more memorable, make up one of your own.

Use acronyms to help remember important concepts or procedures.

An acronym is a type of mnemonic device which is a word made up by taking the first letter from each word that you want to remember and making a new word from the letters. For example, the word HOMES is often used to remember the five Great Lakes in North America where each letter in the word represents the first letter of one of the lakes: Huron, Ontario, Michigan, Erie, and Superior.

Questions

1. Create an original mnemonic or acronym for any math topic covered so far in this course.
2. Explain two ways you can incorporate these tips into your study routine.

1. Answers will vary.

2. Answers will vary.

Strategies for Academic Success

Overcoming Anxiety

People who are anxious about math are often just not good at taking math tests. If you understand the math you are learning but don't do well on math tests, you may be in the same situation. If there are other subject areas in which you also perform poorly on tests, then you may be experiencing test anxiety.

How to Reduce Math Anxiety

- Learn effective math study skills. Sit near the front of your class and take notes. Ask questions when you don't understand the material. Review your notes after class and read new material before it's covered in class. Keep up with your assignments and do a lot of practice problems.
- Don't accept negative self talk such as "I am not good at math" or "I just don't get it and never will." Maintain a positive attitude and set small math achievement goals to keep you positively moving toward bigger goals.
- Visualize yourself doing well in math, whether it's on a quiz or test, or passing a math class. Rehearse how you will feel and perform on an upcoming math test. It may also help to visualize how you will celebrate your success after doing well on the test.
- Form a math study group. Working with others may help you feel more relaxed about math in general and you may find that other people have the same fears.
- If you panic or freeze during a math test, try to work around the panic by finding something on the math test that you can do. Once you gain confidence, work through other problems you know how to do. Then, try completing the harder problems, knowing that you have a large part of the test completed already.
- If you have trouble remembering important concepts during tests, do what is called a "brain drain" and write down all the formulas and important facts that you have studied on your test or scratch paper as soon as you are given the test. Do this before you look at any questions on the test. Having this information available to you should help boost your confidence and reduce your anxiety. Doing practice brain drains while studying can help you remember the concepts when the test time comes.

How to Reduce Test Anxiety

- Be prepared. Knowing you have prepared well will make you more confident and less anxious.
- Get plenty of sleep the night before a big test and be sure to eat nutritious meals on the day of the test. It's helpful to exercise regularly and establish a set routine for test days. For example, your routine might include eating your favorite food, putting on your lucky shirt, and packing a special treat for after the test.
- Talk to your instructor about your anxiety. Your instructor may be able to make accommodations for you when taking tests that may make you feel more relaxed, such as extra time or a more calming testing place.
- Learn how to manage your anxiety by taking deep, slow breaths and thinking about places or people who make you happy and peaceful.
- When you receive a low score on a test, take time to analyze the reasons why you performed poorly. Did you prepare enough? Did you study the right material? Did you get enough rest the night before? Resolve to change those things that may have negatively affected your performance in the past before the next test.
- Learn effective test taking strategies. See the study skill on Tips for Improving Math Test Scores.

Questions

1. Describe your routine for test days. Think of two ways you can improve your routine to reduce stress and anxiety.
2. Research and describe the accommodations that your instructor or school can provide for test taking.

1. Answers will vary.

2. Answers will vary.



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Online Resources

With the invention of the internet, there are numerous resources available to students who need help with mathematics. Here are some quality online resources that we recommend.

HawkesTV

tv.hawkeslearning.com

If you are looking for instructional videos on a particular topic, then start with HawkesTV. There are hundreds of videos that can be found by looking under a particular math subject area such as introductory algebra, precalculus, or statistics. You can also find videos on study skills.

YouTube

www.youtube.com

You can also find math instructional videos on YouTube, but you have to search for videos by topic or key words. You may have to use various combinations of key words to find the particular topic you are looking for. Keep in mind that the quality of the videos varies considerably depending on who produces them.

Google Hangouts

hangouts.google.com

You can organize a virtual study group of up to 10 people using Google Hangouts. This is a terrific tool when schedules are hectic and it avoids everyone having to travel to a central location. In addition to video chat, the group members can share documents using Google Docs. This is a great tool for group projects!

Wolfram | Alpha

www.wolframalpha.com

Wolfram | Alpha is a computational knowledge engine developed by Wolfram Research that answers questions posed to it by computing the answer from “curated data.” Typical search engines search all of the data on the Internet based on the key words given and then provide a list of documents or web pages that might contain relevant information. The data used by Wolfram | Alpha is said to be “curated” because someone has to verify its integrity before it can be added to the database, therefore ensuring that the data is of high quality. Users can submit questions and request calculations or graphs by typing their request into a text field. Wolfram | Alpha then computes the answers and related graphics from data gathered from both academic and commercial websites such as the CIA’s World Factbook, the United States Geological Survey, financial data from Dow Jones, etc. Wolfram | Alpha uses the basic features of Mathematica, which is a computational toolkit designed earlier by Wolfram Research that includes computer algebra, symbol and number computation, graphics, and statistical capabilities.

Questions

1. Describe a situation where you think Wolfram | Alpha might be more helpful than YouTube, and vice versa.
2. What are some pros and cons to using Google Hangouts?

1. Answers will vary.

2. Answers will vary.

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Preparing for a Final Math Exam

Since math concepts build on one another, a final exam in math is not one you can study for in a night or even a day or two. To pull all the concepts together for the semester, you should plan to start one or two weeks ahead of time. Being comfortable with the material is key to going into the exam with confidence and lowering your anxiety.

Before You Start Preparing for the Exam

1. What is the date, time, and location of the exam? Check your syllabus for the final exam time and location. If it's not on your syllabus, your instructor should announce this information in class.
2. Is there a time limit on the exam? If you experience test anxiety on timed tests, be sure to speak to your professor about it and see if you can receive accommodations that will help reduce your anxiety, such as extended time or an alternate testing location.
3. Will you be able to use a formula sheet, calculator, and/or scrap paper on the exam? If you are not allowed to use a formula sheet, you should write down important formulas and memorize them. Most of the time, math professors will advise you of the formulas you need to know for an exam. If you cannot use a calculator on the exam, be sure to practice doing calculations by hand when you are preparing for the exam and go back and check them using the calculator.

A Week Before the Exam

1. Decide where to study for the exam and with whom. Make sure it's a comfortable study environment with few outside distractions. If you are studying with others, make sure the group is small and that the people in the group are motivated to study and do well on the exam. Plan to have snacks and water with you for energy and to avoid having to delay studying to go get something to eat or drink. Be sure and take small breaks every hour or two to keep focused and minimize frustration.
2. Organize your class notes and any flash cards with vocabulary, formulas, and theorems. If you haven't used flash cards for vocabulary, go back through your notes and highlight the vocabulary. Create a formula sheet to use on the exam, if the professor allows. If not, then you can use the formula sheet to memorize the formulas that will be on the exam.

3. Start studying for the exam. Studying a week before the exam gives you time to ask your instructor questions as you go over the material. Don't spend a lot of time reviewing material you already know. Go over the most difficult material or material that you don't understand so you can ask questions about it. Be sure to review old exams and work through any questions you missed.

3 Days Before the Exam

1. Make yourself a practice test consisting of the problem types. Don't necessarily put the questions in the order that the professor covered them in class.
2. Ask your instructor or classmates any questions that you have about the practice test so that you have time to go back and review the material you are having difficulty with.

The Night Before the Exam

1. Make sure you have all the supplies you will need to take the exam: formula sheet and calculator, if allowed, scratch paper, plain and colored pencils, highlighter, erasers, graph paper, extra batteries, etc.
2. If you won't be allowed to use your formula sheet, review it to make sure you know all the formulas. Right before going to bed, review your notes and study materials, but do not stay up all night to "cram."
3. Go to bed early and get a good night's sleep. You will do better if you are rested and alert.

The Day of the Exam

1. Get up with plenty of time to get to your exam without rushing. Eat a good breakfast and don't drink too much caffeine, which can make you anxious.
2. Review your notes, flash cards, and formula sheet again, if you have time.
3. Get to class early so you can be organized and mentally prepared.

Checklist for the Exam

Date of the Exam: _____ Time of the Exam: _____

Location of the Exam: _____

Items to bring to the exam:

___ calculator and extra batteries

___ pencils

___ formula sheet

___ eraser

___ scratch paper

___ colored pencils or highlighter

___ graph paper

___ ruler or straightedge

Notes or other things to remember for exam day:

During the Exam

1. Put your name at the top of your exam immediately. If you are not allowed to use a formula sheet, before you even look at the exam, do what is called a “brain drain” or “data dump.” Recall as much of the information on your formula sheet as you possibly can and write it either on the scratch paper or in the exam margins if scratch paper is not allowed. You have now transferred over everything on your “mental cheat sheet” to the exam to help yourself as you work through the exam.
2. Read the directions carefully as you go through the exam and make sure you have answered the questions being asked. Also, check your solutions as you go. If you do any work on scratch paper, write down the number of the problem on the paper and highlight or circle your answer. This will save you time when you review the exam. The instructor may also give you partial credit for showing your work. (Don’t forget to attach your scratch work to your exam when you turn it in.)
3. Skim the questions on the exam, marking the ones you know how to do immediately. These are the problems you will do first. Also note any questions that have a higher point value. You should try to work these next or be sure to leave yourself plenty of time to do them later.
4. If you get to a problem you don’t know how to do, skip it and come back after you finish all the ones you know how to do. A problem you do later may jog your memory on how to do the problem you skipped.
5. For multiple choice questions, be sure to work the problem first before looking at the answer choices. If your answer is not one of the choices, then review your math work. You can also try starting with the answer choices and working backwards to see if any of them work in the problem. If this doesn’t work, see if you can eliminate any of the answer choices and make an educated guess from the remaining ones. Mark the problem to come back to later when you review the exam.
6. Once you have an answer for all the problems, review the entire exam. Try working the problems differently and comparing the results or substituting the answers into the equation to verify they are correct. Do not worry about finishing early. You are in control of your own time—and your own success!

Questions

1. Does your syllabus provide any of the information needed for the checklist?
2. Are there any tips or suggestions mentioned here that you haven’t thought of before?

1. Answers will vary.

2. Answers will vary.



Strategies for Academic Success

Managing Your Time Effectively

Have you ever made it to the end of a day and wondered where all of your time went? Sometimes it feels like there aren't enough hours in the day. Managing your time is important because you can never get that time back. Once it's gone, you have to rush and cram the work into your schedule. Not only will you start feeling stressed out, but you may also find yourself turning in late or incomplete work.

Here are three strategies for managing your time more effectively.

Time Budgets

Time budgets help you find the time you need to complete necessary projects and tasks. Just like a financial budget shows you how you spend your money, a time budget shows you how you spend your time. You can then identify "wasted" time that could be used more productively.

To begin budgeting your time, assess how much time each week you spend on different types of activities, like Sleep, Meals, Work, Class, Study, Extracurricular, Exercise, Personal, Other, etc.

- What are some activities you'd like to spend more time doing in the future?
- What are some activities you should spend less time doing in the future?

Based on your answers to the questions above, create a weekly time budget. One week contains only 168 hours. If you want to spend more time on a particular activity, you'll need to find that time somewhere. Use a planner to schedule specific blocks of time for study sessions, meals, travel times, and morning/evening routines. As a general rule, you should set aside at least two hours of study time for every one hour of class time. That means that a three-credit course would require at least six hours of outside work per week.

Breaks

When you are working on an important project or studying for a big exam, you can feel tempted to go as long as possible without taking a break. While staying focused is important, working yourself until you're mentally drained will lower the quality of your work and force you to take even more time recovering.

Just like taking breaks helps your physical body recover, it will also help your brain re-energize and refocus. During study sessions, you should plan to take a break at least once an hour. Study and work breaks should usually last around five minutes. The longer the break, the harder it is to start working again. Some courses have a built-in break during the middle of the class period. Stand up and move around, even if you don't feel tired. Even this little bit of physical movement can help you think more clearly.

Avoiding Multitasking

Multitasking is working on more than one task at a time. When you have several assignments that need to be completed, you may be tempted to save time by working on two or three of them at once. While this strategy might seem like a time-saver, you will probably end up using more time than if you had done each task individually. Not only will you have to switch your focus from one task to the next, but you will also make more mistakes that will need to be corrected later. Multitasking usually ends up wasting time instead of saving it.

Instead of trying to do two things at once, schedule yourself time to work on one task at a time. To-do lists can be helpful tools for keeping yourself focused on finishing one item before moving on to another. You'll do better work and save yourself time.

Questions

1. Are there any areas in your day that are taking up too much of your time, making it hard to devote enough time to more important things?
2. Can you think of a time when multitasking has resulted in lower quality outcome in your experience?

1. Answers will vary.

2. Answers will vary.