

STUDY METHODS

Active Studying

1. Self Testing
 - Quiz yourself or use flashcards
2. Active Recall
 - Using your memory to recall information
3. Teaching
 - Explain concepts to friends or yourself
4. Practice Problems or Questions
5. Create your own story
 - Relate theories or concepts to stories or examples that you can remember

Passive Studying:

1. Rereading
 - Reading chapter summaries again
2. Listening
 - Rewatching lectures
3. Reviewing
 - Going over notes from past lectures

Essay Exams:

1. Come up with possible exam questions
2. Create an outline for each question and highlight key words that can serve as a memory spark

PREPPING FOR FINALS

2-3 Weeks Before Finals:

- Gather content from the semester
- Identify your most difficult concepts (try rating each concept as difficult, somewhat understand, and understand fully)
- Fill out the finals plan (page 3)
- Pick your study tools

1 Week Before Finals:

- Continue to review past homework, assignments, and quizzes.
- Use book chapter study guides or quizzes
- Work with a study partner or group
- Create tests for yourself
- Explain/ teach concepts to friends

Finals Week:

- Continue to study intently
- Study with others
- Use IUP Resources such as
 - Tutoring
 - Writing Center
 - Professor Office Hours
- Get a good night of rest before your exam
- Review briefly the morning before the exam, you got this!



Class:

Final Exam Date:

Main Concepts:

Study Method/ Resources:

Class:

Final Exam Date:

Main Concepts:

Study Method/ Resources: