

Study Skills

Preparing for the Prelim

1. What exams do you feel confident about and why?
2. What exams do you feel least confident about and why?
3. On a scale of 1-10, where 10 is very prepared and 1 is not prepared at all, how prepared are you at this point for your exams?
4. Do you know what you have to do in order to be well prepared for your prelims? Write down what you have done so far to get ready.
5. What worries you the most about sitting your prelim exams?

Study Skills

Preparing for Prelims

A S P I R E

- **A Approach/Attitude/Arrange**
 - Approach your studies with a positive attitude.
 - Arrange your schedule/plan to eliminate distractions.
- **S Select/Survey/Study!**
 - Select a reasonable chunk of material to study.
 - Survey the headings, graphics, information to be learned to get an overview of what needs to be learned.
 - Study - marking any information you don't understand. You could use the traffic light system for this.
- **P Put aside/Piece together**
 - Put aside your books and notes after a two to three hour block of studying.
 - Piece together what you've studied, either alone, with a study buddy or with family and summarize what you understand.

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- ◆ **I Inspect/Investigate/Inquire**
 - ◆ Inspect what you did not understand.
 - ◆ Investigate alternative sources of information (other text books, websites, teachers, friends, family etc).
 - ◆ Inquire from support professionals (librarians, teachers).
- ◆ **R Reconsider/Reflect/Relay**
 - ◆ Reconsider the content of what you are learning. If I could speak to the author, what questions would I ask?
 - ◆ Reflect on the material: How can I apply it to the exam?
 - ◆ Relay understanding: How would I make this information interesting and understandable to other students?
- ◆ **E Evaluate/Examine/Explore**
 - ◆ Evaluate your marks on prior tests and NABs and look for a pattern.
 - ◆ Examine your process towards improving your performance.
 - ◆ Explore other options to ensure your success.

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Preparing for the Prelim

1. What I need to do to prepare well for my prelim exams. (Make a list)
2. At home, go over your list with highlighters in order to help you prioritise what you need to do and in what order. Use green, orange and pink highlighters as a traffic light system.

Study Skills

Strategies for Success


1. Getting Ready

- Study timetable
- Organisational tools
- Study Environment
- Goals
- Will and Motivation
- Learning Styles

Study Skills

Strategies for Success

2. Taking Things In

- Time Management
 - Procrastination
 - Note Taking
 - Concentration
 - Gaps in Learning
 - Learning with Others
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Study Skills

Strategies for Success

3. Remembering

- Visual Organisation
- Memory Improvement

4. Sitting the Exam

- Dealing with Stress and Anxiety