

PHS Exam Preparation Tips Sheet

January 2018

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

<p>Before the exam: Study Schedule:</p> <ol style="list-style-type: none"> Start with your last exam and work backward. Plan for about 14 to 16 hours of studying per high school exam (24 hours per university exam). Maximum of 8 hours per day (weekend) of studying, 4 hours per night (after school). <p>For every hour of studying:</p> <ol style="list-style-type: none"> First 5 min: Review material from previous hour. Next 40 min: Cover new material. Next 5 min: Review the new material you just covered. Final 10 min: Take a break. <p>Study Efficiently</p> <ol style="list-style-type: none"> Study from the top down - most general material to details and applications. Study by doing. Give yourself rewards. <p>Maintain Balance in Your Life</p> <ol style="list-style-type: none"> Take breaks. Maintain a regular schedule. Get 7-8 hours of sleep every night. <p>Organize Your Study Time</p> <ol style="list-style-type: none"> During the first study session, scan all material and break it into sections. For each hour, use the recommended breakdown format. Night before the exam, do a final review; study what you know best before going to bed. <p>Multiple choice strategy: Spend your time on the question, not the options.</p> <ul style="list-style-type: none"> Cover up the options. Understand and rewrite the question if needed. Decide on your answer to the question. Go looking for the option that matches your answer. 	<p>Study strategies:</p> <ul style="list-style-type: none"> Solve problems. Do questions from homework, assignments, or tests over again. Make flashcards to review definitions, concepts, or theories. Summary of a Summary. Summarize your course notes, then make a summary of that summary. Continue this process until you only have one side of one page. Seek help. By making a study schedule, you can access teachers for questions BEFORE your exams. <p>When you arrive at the exam:</p> <ol style="list-style-type: none"> Bring: <ol style="list-style-type: none"> Extra pens, pencils, Working calculator, Candies, gum. Go to the washroom before the exam. Dress in layers. Arrive on time, not too early to hear others scare themselves. <p>During the exam:</p> <ol style="list-style-type: none"> Before you start writing: <ol style="list-style-type: none"> Skim/overview the exam <ol style="list-style-type: none"> make sure you have all the pages. briefly read questions (except multiple choice). make quick notes of important things. notice how marks are assigned. When you start writing, read questions carefully, circle key words and number steps. Leave an easy question to come back to if you get stuck. Make your exam easy to mark. <ol style="list-style-type: none"> Leave white space, write neatly. Plan for Anxiety <ol style="list-style-type: none"> Anticipate getting stuck, and decide ahead of time what you will do
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