

## There's a TEST tomorrow?

90% of what you study while cramming the night before will soon be forgotten after the test, and your brain will be more likely to freeze during the test.

**BUT**, sometimes life catches you off guard and all the plans to prepare and stay ahead of busy schedules are obliterated. Thus, there are times when you **don't have time to study**.

### Here are some helpful tips:

#### A structured approach to cramming

- **Preview** material to be covered
- Be selective: **skim** books, focusing on the beginning and end of each chapter
- Concentrate on the **main points** (Pay attention during class review days!)



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#### Begin with sheets of paper OR notecards (3X5 index cards):

1. Identify key concepts or topics that will be covered on the test. Enter one at the top of each page/notecard. Use key words or short phrases.
2. In your own words, explain, define, or answer what the key concept is from memory. **Do NOT** use the text or your notes.
3. Then, compare your response with course information (textbook and lecture notes) and edit or re-write your understanding of each topic.
4. Review and test yourself over the notecards/papers in a similar way to how the material will be tested. (If there will be essay questions, re-write or verbally express answers. If the test is multiple choice, be able to recognize correct answers.)
5. Study out loud and change up the order to solidify information.
6. If you are having difficulties memorizing, make up different techniques to help you remember, such as **memory devices** (ROYGBIV is an acronym of the colors in a rainbow) or **chunking** (organizing information/concepts into categories, like all of the characteristics of Jesus' deity on one card and all the information on his miracles on another).
7. On the day of the test, focus on what is most important and review the material. Try to relax just before taking the test and be sure to eat something!