

# *Success Strategies* for **Online Exams**

## **1. Prepare with Spaced Study Times**

Research shows that spaced study times (studying for 30-45 minutes over the course of several days leading up to an exam, rather than cramming for several hours the night before) are the most effective method of studying. Try to break up your study times so that you practice the important test-taking skill of retrieval - recalling information after not thinking about it for a while!

## **2. Emphasize Self-Testing**

Self-testing - or trying to work through sample problems or practice tests - is perhaps the most effective test preparation method. Here's a trick: try working through sample problems before revisiting your notes or textbook. See how far you can get, and then check your work. If you face problems, all the better, because you've identified the gaps in your own understanding! Now you know where to refocus your energies in reviewing notes and course materials.

## **3. Teach Material to Others**

If you are at home with others right now, you have a definite advantage - a captive audience with whom to share course content! Try explaining the major ideas and concepts from your course to others at home, or working through a sample problem with someone else as an audience. Teaching the material to others forces you to translate material into your own words - thus solidifying your understanding.



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## **4. Familiarize Yourself with Technology**

Have you used Proctorio, Canvas, or other test-taking software before? If not, you will probably not feel completely at ease until you have toyed with it on your own, before the test environment begins. Troubleshoot on your own, and communicate with your professor as soon as possible if you encounter any technical issues or concerns. Your faculty are eager to partner with you on the technological aspect of this transition.

## **5. Get the Word Out**

Communicate to those close to you when you have a test coming up! You don't want people knocking on your door or asking for something when a test is taking place. Further, communicating with others will give you space to share your worries and concerns about the test. Those close to you can be a source of support as you prepare for tests and exams!

## **6. Cultivate Calm and Manage Anxiety**

Preparing for your exam ahead of time and utilizing available support resources (such as remote tutoring and Supplemental Instruction) will help mitigate feelings of anxiety during the exam itself. If you begin to feel anxious during the exam, practice deep breathing or another relaxation technique to help you cultivate a feeling of calm. Further, previewing your exam - and answering questions you know immediately - can help reduce the sense of uncertainty you may feel, and give you the confidence you need to be successful!

