

1 Exam Prep Lecture

20/11/19

1.1 General Method

1. Scan course material - Syllabus and notes
2. Find the main concepts and topics
3. Highlight the gaps in your knowledge (What, in the previous step, is surprising?)
4. Keep breaking it down. Gather a list of materials and specific tasks. Is it a single formula, or a whole section? What's required to learn this material?
5. Prioritize tasks, based on time or difficulty - Time management and external system creation
6. Set a long term schedule in order, populate with specific things. This could take half a day.

1.2 Active Review

How do you actively engage with your learning?

- Rephrase concepts
- Discuss with a group, teach each other
- Look for applications/connections

1.3 Problem Solving

- It's not about memorizing - understand and deconstruct the problem
- Practise problems, treat them like a test and set a timer (say, 20 mins) and really try to solve them
- Look at Polya's problem solving process
- Develop a strategy
 - Rerword
 - Inspect the parameters, knowns and unknowns
 - Break the problem down into steps

1.4 Time-Based Procedure

1.4.1 The Day Before

- Visualize a positive outcome
- Bring the materials - [TCard, Materials(Pens, inks, erasers, pencils, calculator, aidsheets etc.)]

1.4.2 Morning of

- Go to the exam centre early
- Don't stay near other people
- Don't cram, it won't help
- Relax!

1.4.3 During the exam

- Budget your time
- Read the whole exam first
- Do the easy problems first
- Make some notes if you have any ideas, memory dump
- Take a break if you have time to clear your head

1.5 Tips

- A plan can be a schedule or alist
- Build in breaks/R&R
- Get some exercise, keep a good diet, get prproper sleep
- Reward yourself at the end of each study session
- Flashcards are good for memorizing large things
- Mindmaps can provide a wide-view of a concept set
- Try not to go to the answers right away, this encourages memorization
- Practise exams are useful, but content may be innacurate

- For multiple choice, do the easy ones first!
- Interleave your studying
- Spaced repetition practise
- If you notice brainfog, change something - try a different subject, or go to a different space
- Practicing mindfulness can relax you
- Manage your test anxiety
 - Plan ahead for a sense of control
 - Get help from supports
 - Relax and take some breaks