UK 101 TOP 15 EXAM PREPARATION TIPS LESSON PLAN
(Approximately 10-15 minutes)

1. Study to learn and not just memorize. (What is the difference?)

2. Review and rework your class notes within 24 hours throughout semester.

3. Find an effective, distraction-free study location.

4. If you don’t understand something, go to professor office hours or The Study to get help before the exam. The professor or tutor may provide tips on the content of the exam or how to study for it.

5. Find out the format (e.g., essay, problem-solving, multiple choice) of the exam by checking your syllabus or asking the professor.

6. Begin test review 5-7 days in advance.

7. Break up study time into small blocks throughout week. Avoid marathon study sessions.

8. Predict test questions from notes, homework, quizzes, reworked readings, etc.

9. Outline answers to essay or short-answer questions that you’ve predicted.

10. Utilize old exams for practice and to notice the types of questions being asked. Understand why the correct answer is correct and why the wrong answer is incorrect.


12. Use study tools such as flash cards or a study group.

13. Create your own exam. Ask classmates or study group members to create exams and then switch and complete exams as part of review.

14. To decrease test anxiety, consider studying in the classroom where the test will occur and utilize positive self talk before and during the exam.

15. Get a good night’s sleep the night before the exam.

16. After an exam, figure out why you missed items. (Did you not understand the material? Did you not study?) Learn from your mistakes.