

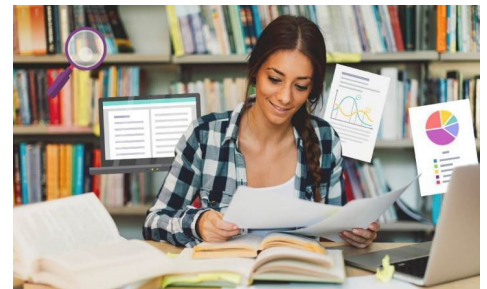
FACING EXAMS IN COLLEGE: REVIEWING AND PREPARING FOR AN EXAM

**How to deal with the last period before the exam? How to handle revision?
How should the characteristics of the exam test guide you in setting up
revision?**

As the exam session approaches, you probably already have the test material, have read it, processed it, and are memorizing the contents to take the exam. See "Effective Learning in 6 steps" for more information.

Remember that reviewing:

- It's a phase of studying (learning process) that allows you to **consolidate** your recollection of the material you need to learn, to **verify your mastery** of the subject, to **fill** any gaps and to organize a fluid exposition of the content
- It is based on the use **of strategies** that you need to choose according to your personal characteristics and according to the test you will face!



SOME GOOD PRACTICES

1) How to review properly:

- **Plan the review of the material months before the test:** organize the week by identifying specific moments for reviewing. This will help you to memorize better!

- **Retrieve information on how the exam will be organized** (e.g. Moodle, Syllabus of teaching)



- **Days before the exam set aside time to review the material:** start reviewing the material in which you feel more unsure, intersperse reviewing the same material at several times during the day or week

- **Choose the review strategy according to the type of exam:**

- For oral exams it is useful to practise exposition

- For written exams with open-ended questions it is useful to practice putting answers in writing

- For written exams with exercises it is useful to do simulations

- For written exams with closed questions it is useful a mentally review precise details and simulations

- Find **classmates with whom you can compare yourself for intermediate revision** (the one during the study/learning phase) **and/or final review**. Comparing yourself helps you check what you know, organize the content exposition and get feedback on its clarity.

2) Prepare yourself for an exam:

In case of written test (open questions, exercises or closed questions)

- Try getting previous tasks/assignments or imagine questions you might find

- Try simulating the exam by adhering to timings provided by the professor

In case of oral test

- **Assist/attend an examination**, if possible, or find out information about the questions

- **Ask yourself questions** and try answering them in your own words; look for examples in the textbook or study material

- Write or graphically represent a **list of content for a hypothetical exposition** of the main topics

- Try to imagine what questions might be and how you might answer them



Remember:

In the days before the exam, find some moments of leisure: when you go back to study you will be more focused!

- Try to maintain a regular rhythm (late-night study binges are not beneficial!).

- Check the Moodle page of the course or the teacher's website to monitor last minute communication before the exam.

- Reviewing give you more control of the material/content you need to know and allow you to keep anxiety at bay!

- The exam is the opportunity that brings you closer to graduation: face it and live it to the fullest!



De Beni et al. (2014)

Lubinski (2010)

Meneghetti et al. (2018)