

Study Skills Workshop

Acing your Exams: Memory & Test-Taking Strategies

Presented by Ashley Brown
Student Success Advisor

The University of Winnipeg is in Treaty One territory and the land on which we gather is the traditional territory of Anishinaabe, Cree, Oji-Cree, Dakota, and Dene Peoples, and the homeland of the Métis Nation.



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Agenda

- Memory
 - How it works
 - Techniques
- Tests & Exams
 - Preparation
 - Strategies



How Memory Works



Attention



Encoding



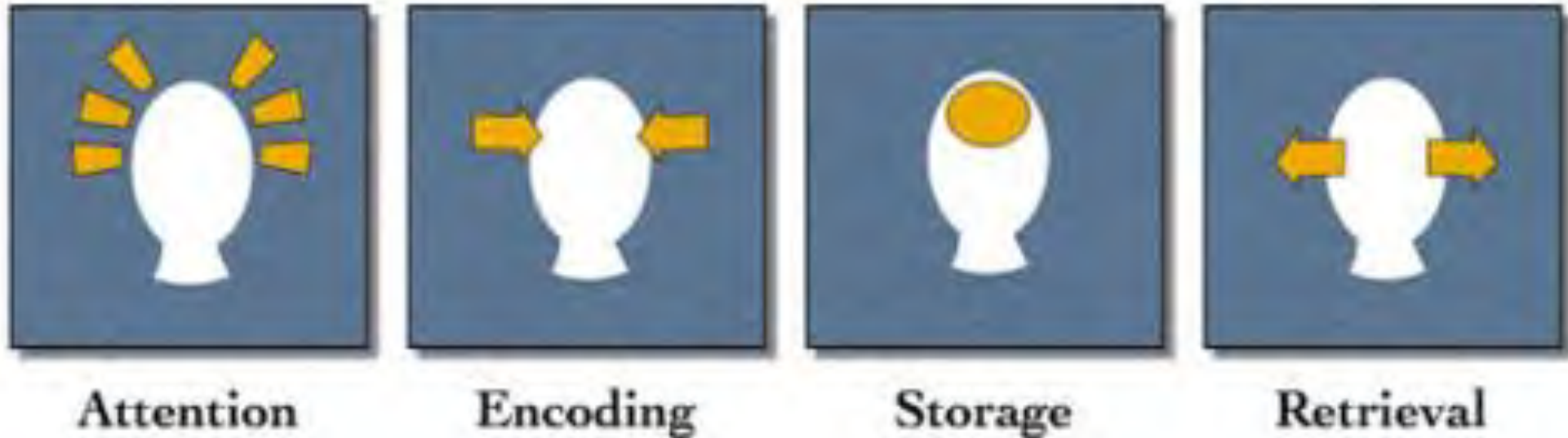
Storage



Retrieval

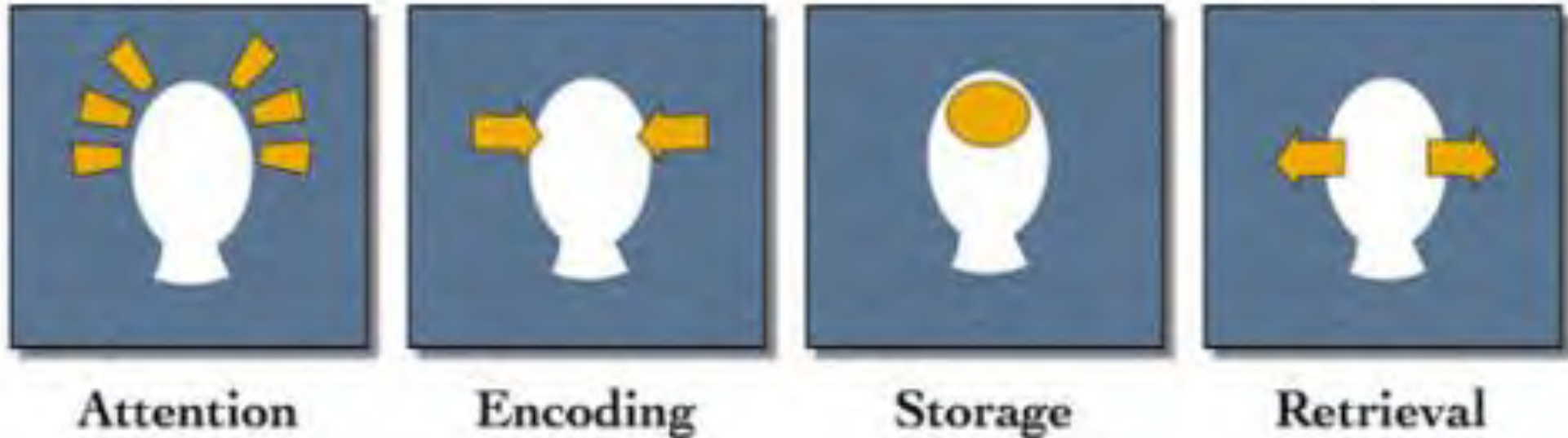
Attention: Focused awareness
- Allows for information to be taken in

How Memory Works



Encoding: Converting sensory information into a memory

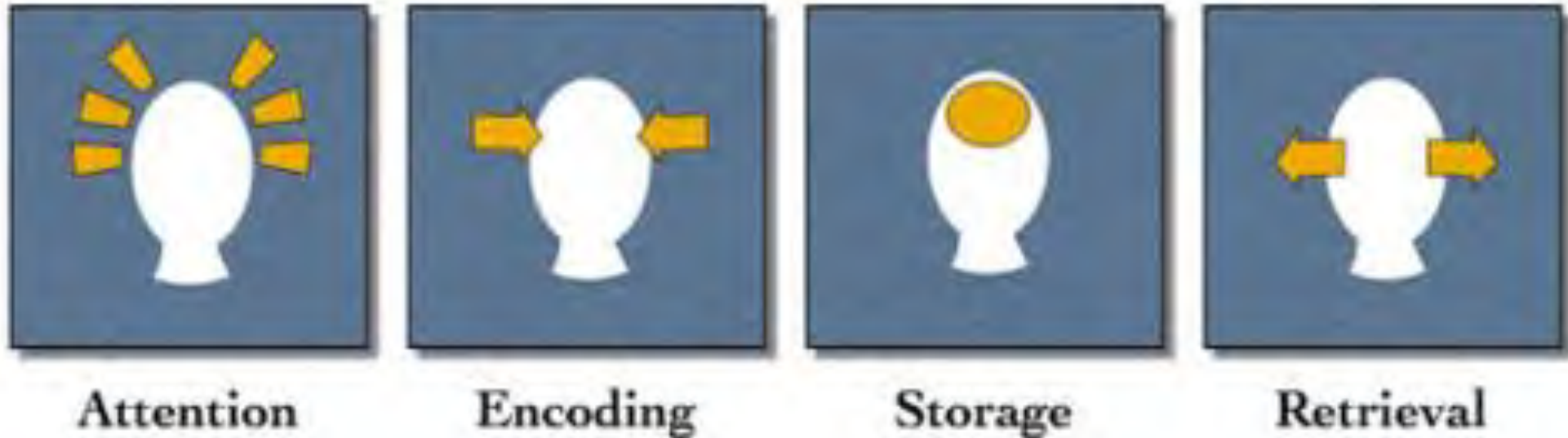
How Memory Works



Storage: Keeping encoded information in memory

- Short-term: limited space; 5 - 9 pieces of information
- Long-term: unlimited space

How Memory Works



Retrieval (memory recall): Getting information out of storage (memory) and pulling it into consciousness
- Encoding affects retrieval

Improve your memory by:

- Learning actively
- Organizing
- Chunking
- Associations
- Concentrating

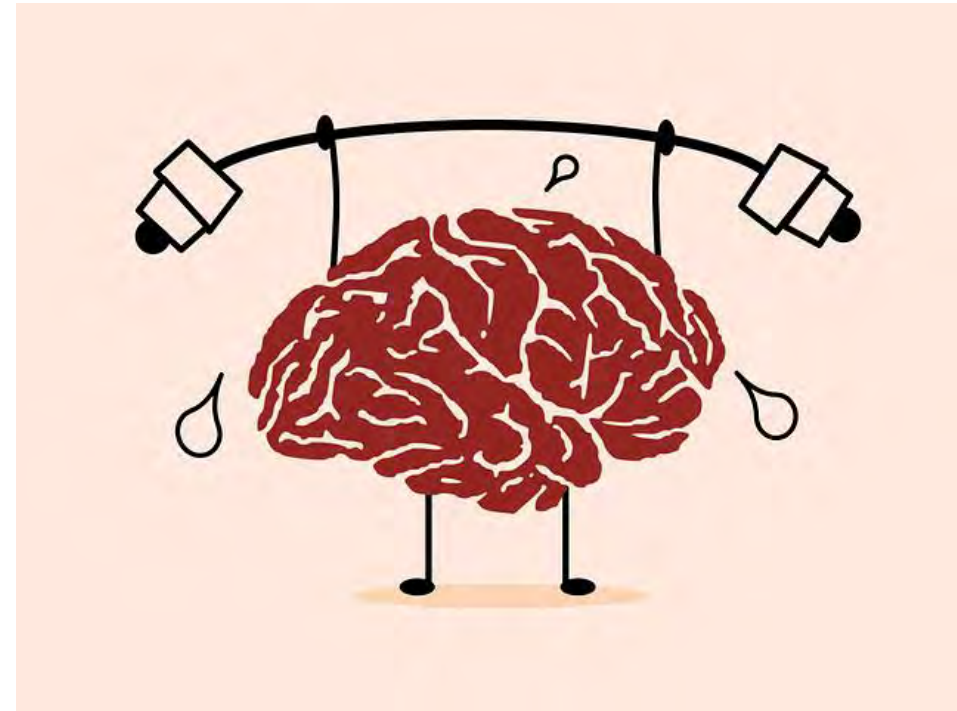


Image from: <https://www.opencolleges.edu.au/informed/features/10-apps-improve-memory/>

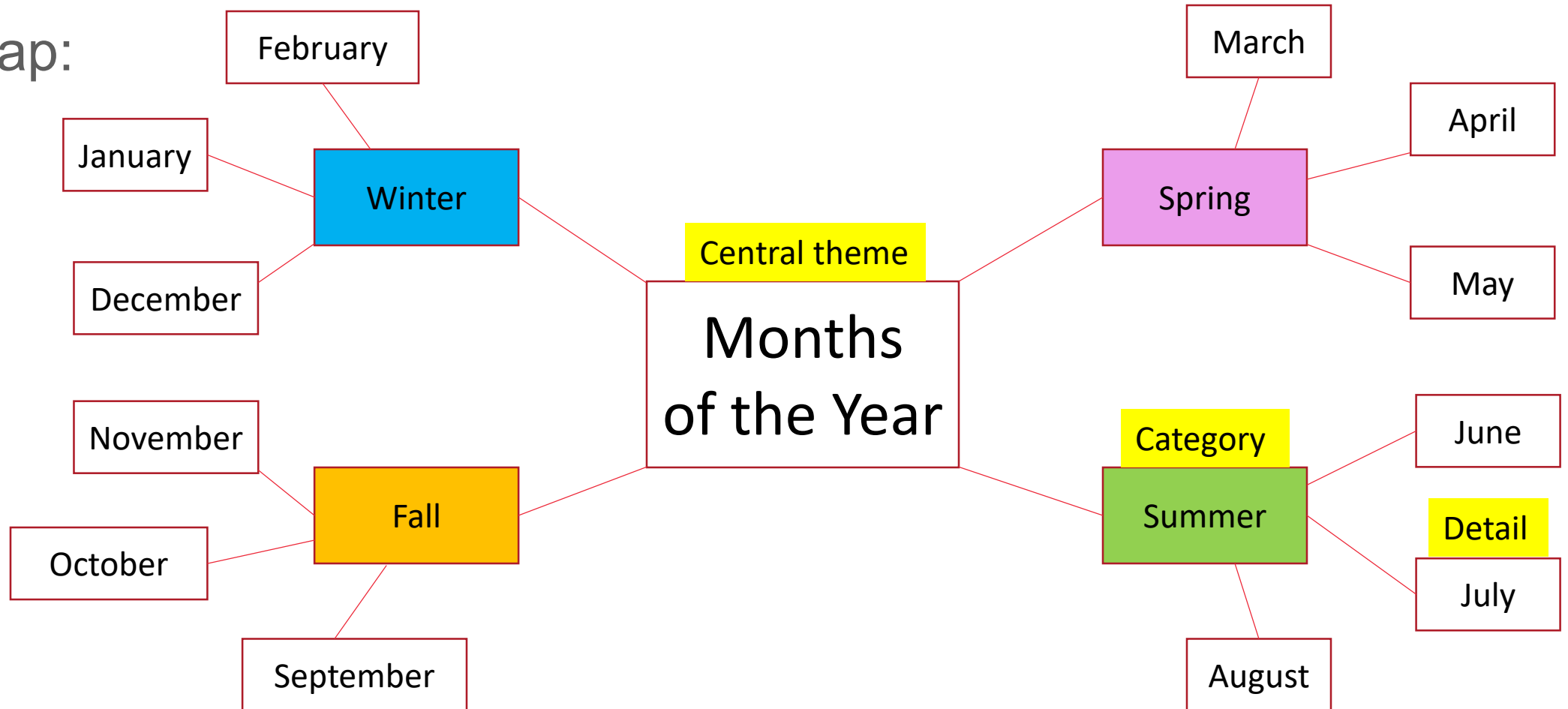
Learning actively

- Use visuals
- Write it down
- Recite & repeat
- Self-reference
- Teach
- Create acronyms



Organizing information

Mind map:



Chunking

(204) 785-9800

Hawk

Easter

Ramadan

Chevy

Ford

Chow Mein

Sand Piper

Beef Pho

BMW

Pad Thai

Loon

Christmas

Sparrow

Passover

Gull

Subaru

Echo

Volkswagen

Sticky rice

Eagle

Porsche

Yom Kippur

Saturn

Spring Rolls

Blue jay

Macaw

Crow

Toyota

Robin

Audi



Image from:

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Chunking

Cars

Chevy

Ford

Saturn

Echo

Toyota

Subaru

BMW

Audi

Volkswagen

Porsche

Birds

Eagle

Robin

Loon

Sparrow

Macaw

Blue Jay

Hawk

Gull

Sand Piper

Crow

Asian Food

Spring Rolls

Sticky Rice

Beef Pho

Pad Thai

Chow Mein

Religious Holidays

Ramadan

Christmas

Easter

Passover

Yom Kippur



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Chunking + Acronym + Making Associations

Religious Holidays

Ramadan

Christmas

Easter

Passover

Yom Kippur

Ramadan

Easter

Christmas

Passover

Yom Kippur

Acronym → RECPY

“I love my mom’s Christmas **RECPY** (recipe)”



Loci Method (Memory Palace)

Word List:

1. tree
2. shoe
3. marbles
4. fireworks
5. textbook
6. orange

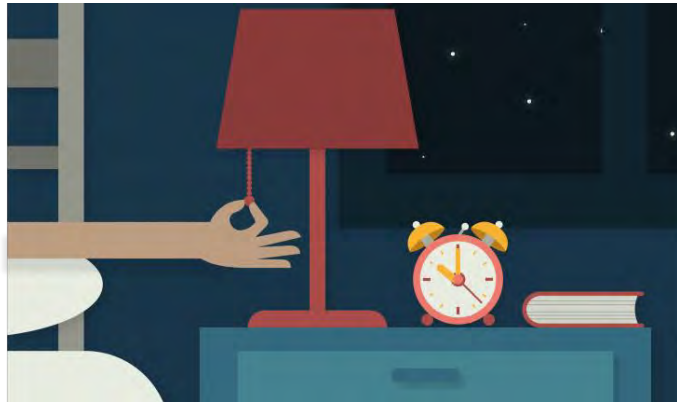


Improving Concentration

Take care of basic needs



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studentwellness@uwinnipeg.ca

Improving Concentration

Self awareness

- Wandering mind
- Stressors
 - Schedule time to think about them



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Improving Concentration

Study area



Improving Concentration



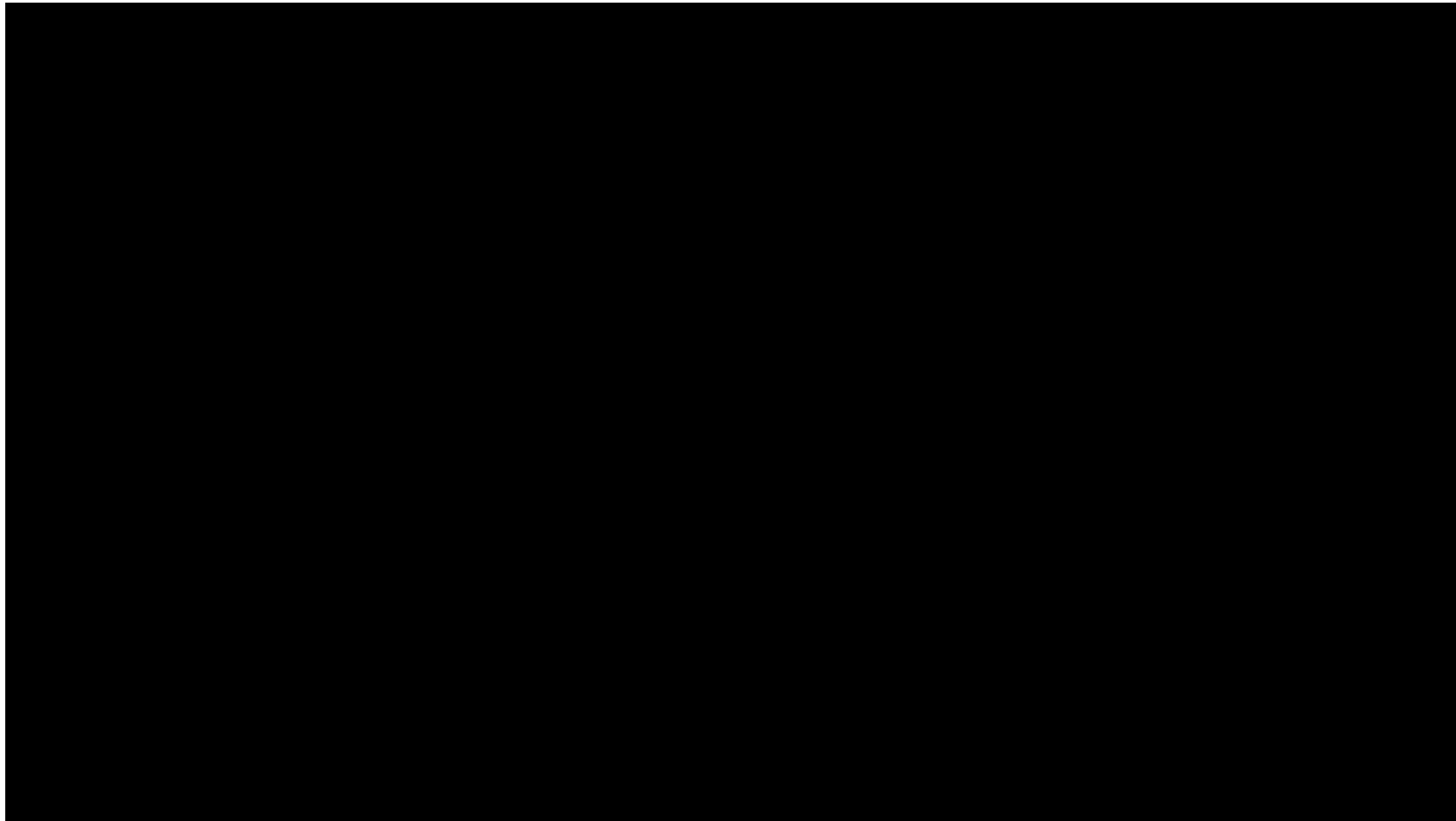
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13 Study Tips Video

<https://youtu.be/eVlvxHJdql8>

5:22





Application of Knowledge

Taking Tests and Exams



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Keep Grades in Perspective

- Exams identify what you understand in that moment
- Grades are a single measure meant for the purpose of feedback
- Don't let a bad grade define you. Focus on improving for next time!



Self Reflect

Not studying enough → Study schedule

WEEKLY STUDY SCHEDULE							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am							
7am							
8am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							
12am							

Self Reflect

Study strategy → **Study Skills sessions**
“How to Learn” courses
“Introduction to University” UW course

coursera Explore ▾ What do you want to le 🔍

Browse > Personal Development > Personal Development

**Learning How to Learn:
Powerful mental tools to help
you master tough subjects**

★★★★★ 4.8 83,161 ratings | 👍 98%

Catalog > Education & Teacher Training Courses



How to Learn Online

Learn essential strategies for successful online learning

Study Skills

Get advice and tips on improving
your academic performance



Self Reflect



Course content →

Professor

Internet

Peer study group

Tutoring



<https://world.edu/>



YouTube

Self Reflect

Circumstances beyond your control → **Academic Advising**



advising@uwinnipeg.ca

Preparation

Review daily and weekly

- Create schedule
- Set reminders
- Ideally 6-9 hrs/week per course

Research the exam

- Format, what's important
- Review previous quizzes
- Ask instructor

Study Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7 - 8 am							
8 - 9 am							
9 - 10 am							
10 - 11 am							
11 - 12 pm							
12 - 1 pm							
1 - 2 pm							
2 - 3 pm							
3 - 4 pm							
4 - 5 pm							
5 - 6 pm							
6 - 7 pm							
7 - 8 pm							
8 - 9 pm							
9 - 10 pm							
10 - 11 pm							

© study with jas

Image from: <https://www.pinterest.ca/pin/640426009503563650/>

Preparation

Create review tools

- Summary sheets, flash cards, examples
- Quizlet: digital flashcard sets <https://quizlet.com/>
- Learn the major themes & details
- Look for questions in the “chapter review” section of the textbook



Preparation



Predict questions

- *“This will be on the exam!”*
- Review exam outline
- Review textbook practice questions (end of chapter/book)

Preparation



Form a study group

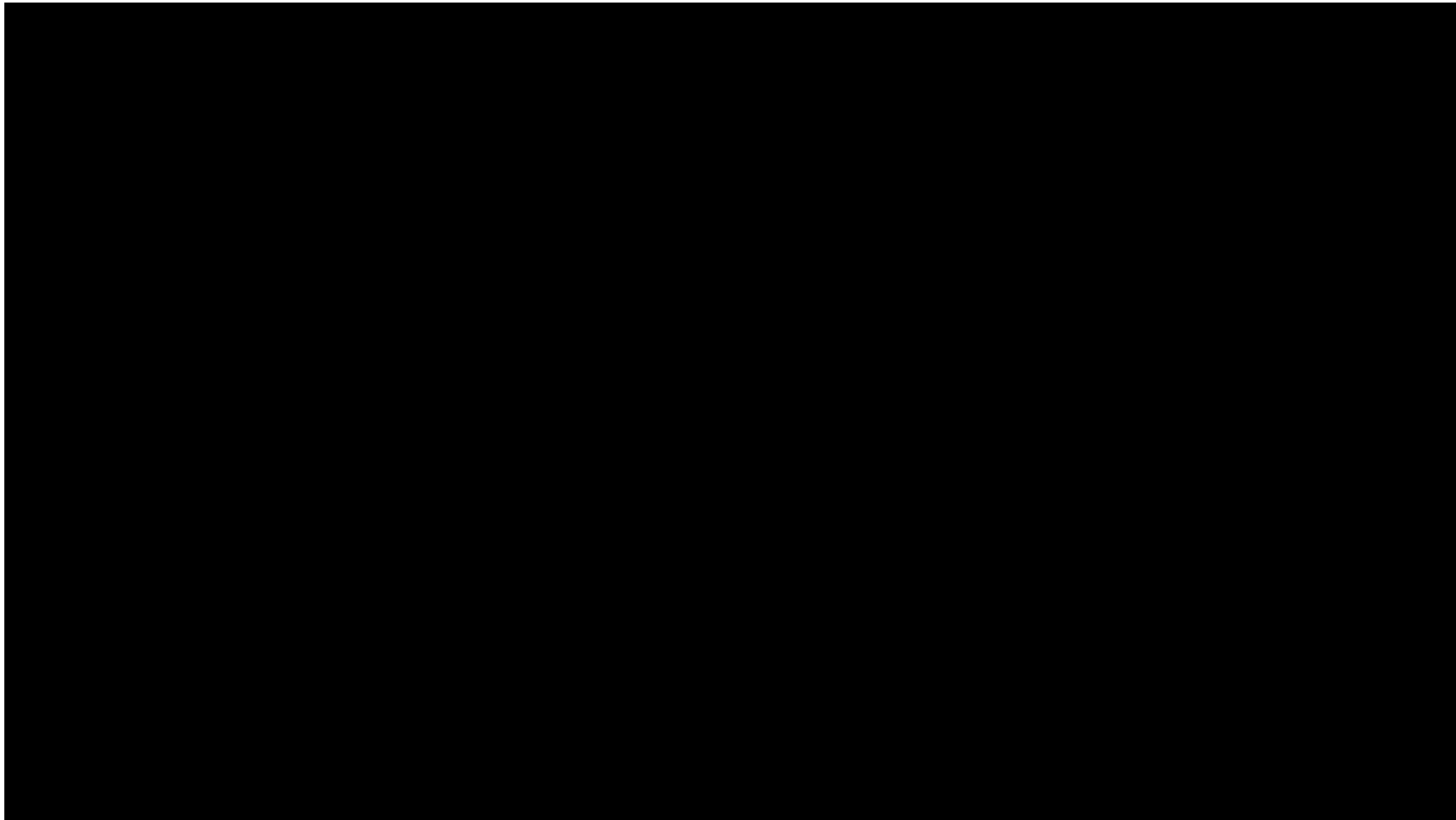
- Small
- Focused
- Teach & test each other
- Brainstorm Q&A's
- Compare notes
- Review past exams, quizzes, and assignments
- Meet regularly



Study schedule – consistency

- Don't cram
- Break up material
- Leave a review period
- Attend exam review sessions

Study Smart: Prepare for Exams Effectively Video 5:49



Participation Question

What is your major?



Before the exam:

Do not over-study

Proper sleeps

Plan something to
look forward to

Arrive early
Wait in a quiet area

Have all materials
ready



During the test/exam:

Preview exam & note instructions

Arrange your time

Clue words (underline key words)

Easy questions first

Review exam



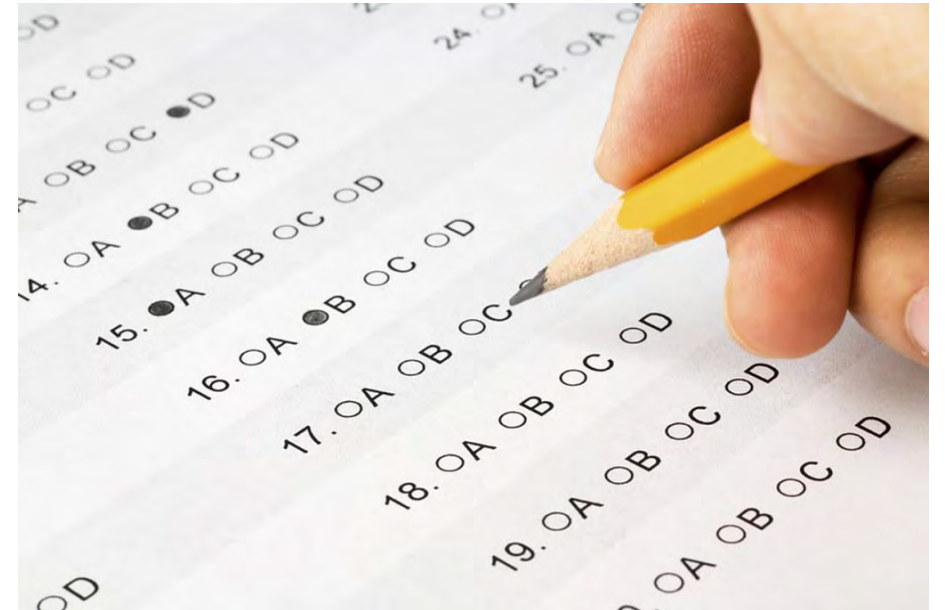
Assessment Format

- Multiple Choice
- True/false
- Fill in the blanks
- Short Answer
- Long Answer/Essay Style
 - Reflective Questions
 - Case Studies



Multiple choice questions

- Read all choices
- **Highlight** important info
- Notice key words: *always, sometimes, never, not*
- Determine what the answer is NOT
- Answer all questions
- Review entire exam (time permitting)
- Ensure exam matches bubble sheet



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Multiple choice questions



Not sure?



Short answer and essay questions

- Plan before you write
 - Directions
 - Plan time
 - Make notes
 - Concept words
 - Outline
- Answer in sentence & paragraph form
 - 1 idea per paragraph
 - Evidence for examples
 - Begin with main idea
 - Attention to content & organization
 - Concise
 - **Ensure you are answering the question**

Look for cue words within the question

Trace: describe the development of an event

Prove: give reasons that show the concept is logical

Describe: tell how something happened (5w's)

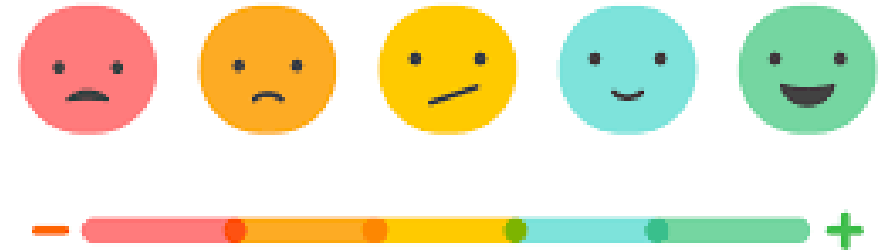
Evaluate: discuss strengths & weaknesses, limitations then explain reasons

Compare: show similarities & differences

After the Exam

Debrief

- Note difficult questions
- Evaluate what went wrong AND what went well



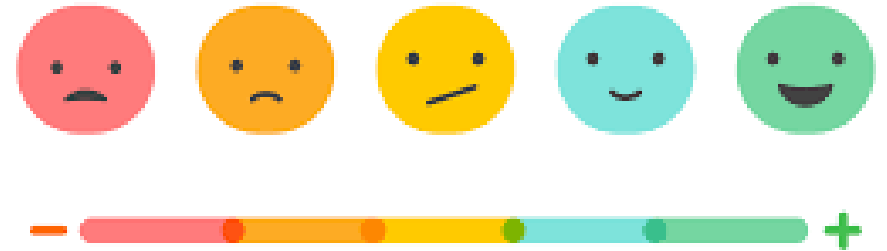
After the Exam

Receiving feedback

- Attend class; instructor may review exam

Ask yourself:

- Did I get the result I hoped for?
- If not → what are my next steps?



Summary

Memory is an active process

- Be mindful of attention, encoding and retrieval processes

Utilize memory techniques

- Variety
- Find what works best for you

Prepare for exams on an ongoing basis

- Review, research, use practice questions

Resources

Academic and Career Services

advising@uwinnipeg.ca

Accessibility Services

accessibility@uwinnipeg.ca

Student Wellness Centre

studentwellness@uwinnipeg.ca



Student Success Advisors



Kate-Lyn Danyluk



Ashley Brown



Matt Shantz

studentsuccess@uwinnipeg.ca

Student Success Coaches

- Meet with Student Success Coaches
- Learn/practice skills such as:
 - Assignment Outlines
 - Time Management
 - Exam Prep
 - Etc.
- Scan QR code and submit the Intake Form to be connected with a Coach

