

Exams: Preparing for Success

Land acknowledgment

McGill is located on the unceded Indigenous lands of the Kanien'kehá:ka Nation, known as Tiohtià:ke/Montreal. The Kanien'kehá:ka, are one of the nations that make up the Haudenosaunee Confederacy on Turtle Island/North America. Our goal is to promote learning and generate allyship with local Indigenous communities, by honouring and respecting the many nations removed from, as well as those still connected to this land. Throughout the workshop we encourage you to consider how various learning strategies influence your understanding of yourself and your role in relation to the content under study. If a land acknowledgment is new to you, we encourage you to learn more through resources like [Native Land](#), McGill Indigenous Initiatives' [The Land and Peoples](#), and [Indigenous Education Resources](#).

Session description and outcomes

This one-hour workshop will introduce you to strategies to help you study as well as some information on self-care and wellness. No matter where you are in your academic journey, this workshop will help you on the path to achieving your academic goals.

The goal of the session is to provide you with the chance to:

- Understand the importance of long-term learning habits
- Identify effective strategies for studying
- Apply strategies to stay motivated while efficiently using your time

Working definitions

The **forgetting curve** shows how much information is retained after the learning event (Schimanke et al., 2013).

Bloom's taxonomy explains the different levels of cognition in relation to learning.

A **brain break** is necessary when you feel like you can no longer intake information and feel the need to look away from your material, so you take a break to help your brain reset.

Activities

This workshop will involve individual reflection activities and opportunities to share with the group.

Before attending the session, consider reflecting on what works and what doesn't work from your current exam studying strategies.

Your next steps

Following the session, reflect on the following questions:

- What is one exam preparation strategy you will implement this term?
- How will you know if the strategy is working for you?

Space for your notes

Resources

Register for [SKILLS21](#), McGill's workshop-based skills development program for undergraduate students.

Consult the [learning resources](#) created by Teaching and Learning Services.

Explore [Stay on Track](#), a peer-to-peer program that enhances undergraduate students' learning and wellness skills.

Learn more about the three pathways available: reminders, coaching sessions, and study groups.

Visit [Campus Life and Engagement](#) to help you acclimatize, settle in, and find the people and services you need.

The [Office of the Dean of Students](#) works to enhance the quality of student life and support students, especially those experiencing difficulties.

Visit [Learner Supports](#) from Student Accessibility & Achievement.

References

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- Singer, C. M., & Lewy, A. J. (1999). *Does our DNA determine when we sleep?* *Nature Medicine*, 5(9), 983. <https://doi.org/10.1038/12413>
- Schimanke, F., Mertens, R. & Vornberger, O. (2013). *What to learn next? Content Selection Support in Mobile Game-based Learning*. In T. Bastiaens & G. Marks (Eds.), *Proceedings of E-Learn 2013--World Conference on E-Learning in Corporate, Government, Healthcare, and Higher Education* (pp. 2503-2512). Las Vegas, NV, USA: Association for the Advancement of Computing in Education (AACE). Retrieved August 24, 2022 from <https://www.learntechlib.org/primary/p/115267/>.
- University of New South Wales, *Open Book and Take Home Exams*, Academic Skills. Retrieved August 24, 2022 from <https://www.student.unsw.edu.au/open-book-and-take-home-exams>.

Contact information

For any questions about the workshop material or other related information, visit www.mcgill.ca/tls/students