

Let's get ready!

Create an
action
plan

1

What it will cover?
What is the format?
What did instructor
emphasize?

2

Complete the
Exam study guide

3

Gather materials

- Syllabus
- Lecture notes
- Presentation
slides
- Articles
- Textbook notes

4

Make study notes

Example of Exam Study Guide

Course name: Personality Psychology		
Date of the exam: April 15, 2020, 4 pm		Weight of the exam: 50%
Time required	Chapters to study	Focus on
3 hours	Chapter 10: Psychoanalytic method	Effect size equation
6 hours	Chapter 11 & 12: Behavioural method	Antecedents, positive reinforcement, and punishment
9 hours	Chapters 13, 14 & 15: The self and the other	The declarative self and the procedural self
Major themes of the course		
<ul style="list-style-type: none"> • Psychological methods • Measurement techniques • Research ethics • Effectiveness of methods 		
Exam specifications		Need to know
<ul style="list-style-type: none"> • 30 Multiple choice (1 mark each) • 8 Short answer (5 marks each) 		<ul style="list-style-type: none"> • Definitions of terms • Trends on graphs • Studies and main findings

5 day study plan

1. Schedule specific days and times for review sessions
2. Create a list of materials you will review for each blocks of time
3. Use learning strategies to make it stick

Monday	Wednesday	Friday	Saturday	Sunday
10-11 am Chapter 1 Class study guide Homework Q Handouts	10-11 am Chapter 2 Study guide Homework Q Video notes	11 am-12 pm Chapter 3 Class study guide Handouts Homework Q	10 am – 12 pm Chapter 4 Study guide Homework Q	2-4 pm Chapter 1-2 Review summary notes; self-quiz
3-5 pm Chapter 1 Lecture notes Notes-guest speaker	3-5 pm Chapter 2 Lecture notes Textbook notes	3-5 pm Chapter 3 Lecture notes Textbook notes	4-6 pm Chapter 4 Lecture notes Textbook notes	6-8 pm Chapter 3-4 Review summary notes Self-quiz

Example of Exam Study Guide

- Create a weekly schedule for all your exams and assignments.
- Keep track of your study plan using your agenda or following apps.
- Google calendar calendar.google.com
- Trello trello.com

The screenshot shows a Trello board titled "Student sample board" with a blue header. The board is organized into three columns: "Working on", "Resources", and "Personal".

- Working on:** Contains a card for "School" with a list of courses: PSYA01 (0/6), HLTA02 (1/7), ANTA01 (1/7), and STAB22 (1). There is an "Add another card" button at the bottom.
- Resources:** Contains three cards with URLs: <https://ctl.utsc.utoronto.ca/assignment-cal/>, <https://www.utsc.utoronto.ca/mslc/math-study-skills>, and <https://www.utsc.utoronto.ca/mslc/stat-s-resources>. There is an "Add another card" button at the bottom.
- Personal:** Contains two cards: "Grocery shopping" (Apr 2) and "Pay phone bill" (Apr 10). There is an "Add another card" button at the bottom.

The board header includes a star icon, "Personal" and "Private" labels, a user profile picture, and an "Invite" button.