

BROUGHT TO YOU BY:

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Exams Are On The Way!

Don't wait until the last minute - start preparing today!

EXAM JAM
December 3rd
Structured Review Sessions
Lunch for Participants
Stress Relief Events

Exam Jam is Coming!

Review Sessions for Various Classes

Watch for official schedules soon

Food Provided!

Includes lunch and a nutrition break.

Wellness Activities Including:

- Pet-A-Puppy
- Crafts and games
- Chill out and watch TV

Watch For Posters Advertising The Official Schedule !

Exam Jam is presented in partnership with the Academic Success Centre, the Health & Wellness Centre, the Peer Support Network, and the Student Life Department.

UNBC Examiner

Exams are on the way!

DATES TO REMEMBER!

- **December 2**
Last day of classes
- **December 3**
Exam Jam
- **December 5**
First day of exam period
- **December 16**
Last day of exam period

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Mind-reading to Predict Exam Questions

Have you ever wanted to read your instructor's mind to see what would be on the exam? Predicting exam questions can be fun while keeping you focused on the course.

Keep a separate section in your notes for exam questions. After every lecture or assignment, write down potential exam questions based on the material.

Instructors frequently give clues as to which information will appear on their exams:

- Often an instructor will directly tell you when something very important is going to be on the exam, or they will emphasize how important it is to learn. Predicting the types of questions that may be asked

becomes easier when you are certain something will appear.

- Watch for repetition of information. If your instructor keeps coming back to a point, especially if it's in subsequent lectures, it is a good candidate for an exam question.

- Material that is covered extensively will almost certainly be covered on the exam as well. If you have a lengthy reading assignment which is also covered in lecture, note it down.

- Watch for "tells" from your instructor. They may gesture more emphatically when they are talking about an important point. They may also refer to their notes, which could indicate a list of important things they want to be certain

to mention.

- Save any practice questions or quizzes, and refer to midterms to see what kinds of questions appear. Being familiar with your instructor makes it easier to predict their exam design.

- Get inside their head—if you were teaching this course, what would you put on the exam?

- You can make this into a group activity and come up with a collection of potential exam questions. Trading them with your friends is an effective and fun way to study.

Soon enough, you may find that the questions on your exam are eerily similar to your "practice" questions, making your study time extremely productive.

Adapted from "Becoming a Master Student"

Learn how to learn with LASSI

How do you study and learn? The Learning and Study Strategies Inventory (LASSI) will help assess your strengths and weaknesses in ten different areas related to your learning including time management, information processing, test strategies, anxiety, attitude,

and motivation. The LASSI will help you to identify areas you can improve to become a more successful student. Come in to the Academic Success Centre for more information about completing a LASSI and reviewing it with a study skills tutor.



Health and Wellness

By Sheila Price,
Practicum Counsellor

During busy semester times, we may forget some important things that can help make life a little easier...

⇒ Identify Your Stressors

- What is in your control? What is not in your control?
- Are the stressors internal (e.g. negative self-talk or unrealistic expectations of yourself) or external (e.g. cluttered or noisy study/living space, or too many exams close together)?



⇒ Take Control of Your Stressors

- Change your self-talk or expectations.
- Utilize effective strategies like time management.
- If you need a new study space, find one.
- Create a schedule to prioritize and maximize your study time leading up to the exams.
- Reward yourself as you meet your goals.



⇒ Negative to Positive Thinking

- What do you like about yourself?
- What aspects of yourself would you appreciate if they were aspects of another person?
- What positives are you discounting?
- What do other people value in you?



⇒ Exercise

- Get up and dance between chapters or assignments!
- Briskly walk to classes, or take the long way.
- Hit the Sport Centre for a walk around the track or a drop-in class.



⇒ Eat & Sleep Well

- Potluck group study sessions – you bring food for tonight and your friends bring it for tomorrow.
- No electronics in bed! Lights from laptops, phones, etc. can alter

your circadian rhythms, which make you fall asleep and wake up at consistent times.



⇒ Time Out

- Be careful with YouTube and Facebook – the ultimate time-suckers.
- Play! When was the last time you colored in a coloring book? Played on swings or in a pile of leaves? Sang loudly in the car on the way to school?
- Reflect on how far you have come – in your life in general, in academia, with a particular assignment...



⇒ Problem-Solve

- Stuck on a question or concept? Who else would be able to help you? A Classmate? A Friend? Your professor?
- Talk to your professor/TA ahead of time to clarify what you may be confused about. When are their office hours?



⇒ Calming techniques

- Sit and just “be” – focus on some deep breathing: in through the nose (for the count of three) and out through the mouth (for the count of four.)
- Doodle – you don’t have to be an artist.
- Experience and appreciate nature.

⇒ Assertiveness

- Express your needs clearly and respectfully.
- Use “I” statements when discussing conflict rather than “You” statements (e.g. “I am feeling hurt” versus “You hurt me.”)



It is important not to neglect your own well-being when your schedule becomes demanding. Taking care of yourself is the first and most important step toward surviving a stressful exam period with your sanity (and GPA) intact!

Advice from Master Students

By Zoë Sayle

Having made it to the third year in my degree (BSc Math/Chemistry), one could say I have good study habits. Perhaps somewhat unusual, I actually enjoy writing tests and taking exams . . . yes, you read that right. The following are some study habits that work for me.

The first thing I do is to write out all of the important concepts and ideas, using a conglomeration of lecture/textbook/tutorial/SI notes— all on a single piece of paper (it’s ok to use the back). If I can do that, then I reward myself with a cookie! If it

doesn’t all fit onto one sheet of paper, then I look at the concepts that take up the most space to see if a better understanding allows for further condensation of the material.

After condensing the course on to one sheet of paper, I write out as much of this study sheet from memory, and then I spend time on the topics I’ve forgotten. Then, I redo all of my assignment and test questions, only allowing myself to look at my study sheet for help, and making notes about what concepts are insufficiently covered or missed. At this point I have a fairly good idea about my strengths and weaknesses

with the material, and thus where to allot my remaining study time. Best of luck on your exams (but don’t rely on luck)!



Zoë is a math and study skills tutor with the Academic Success Centre. Her long-term goals are to graduate with a Bachelor of Science in Mathematics and Chemistry, and to find a fun and challenging math-based career.

By Melissa Nitz

Studying is not “one size fits all.” Approaches that worked in high school may not help you succeed in university courses. In my four years in the Physical Geography program, I have learned that you have to be willing to adapt your studying to fit the professor and the course. There are many methods of studying and everyone is different, but here are the methods that helped me to survive and succeed in my post-secondary career.

The simplest way to study is to keep up with your lecture notes. It may be difficult with a heavy course load, but take that extra 30 minutes each day to just read your notes and try to summarize them. Use supplemental material like your textbook or suggested readings to fill in the blanks.

I try to incorporate different learning strategies to make learning a little more bearable and interactive. Activities like drawing out diagrams of major concepts or processes, or using flash cards for terms you need to memorize. My favourite study technique is talking to myself when I study. (Side note: this should be done in an area where you won’t disturb other people, i.e. not in the middle of the library). It might be a little weird at first, but I find it helps me to remember the key concepts and processes; it is also a great way to summarize material in your own words.

I know a lot of us have done those marathon 12-hour study sessions on just one subject right before an exam, but it doesn’t work! Break up your tasks into smaller chunks to make it

more manageable. Doing this will also help to motivate you to complete the task. I am a big fan of using 45 minute- to 1-hour work periods for one subject, then switching to a new subject for the same time period. You may feel like you get less done, but you will likely be more productive in those 45 minutes than you would be in a 4-hour study session.

You have to be realistic about how much you can handle during the semester. Students are under a lot of pressure and stress due to a heavy workload of 40+ hours a week of assignments and studying. You need to remember that school is important, but you as a person are also important. You should take time out for yourself to just RELAX and not think about school. Go out with your friends on

Friday night, or even just stare at your ceiling for an hour if that’s what you feel like doing. If you don’t take time out for yourself you will be a giant ball of stress and nerves, and that’s no fun.

In closing, you have to be able to adapt and change how you study to fit the course, but if you’re willing to think outside the box studying might actually become fun!

Good luck with your studying and keep up the good work!



Melissa has been a study skills tutor at the Academic Success Centre for three years. Her long-term goals are to work in the environmental sector with a focus on gaining a masters degree in biogeomorphology.