

BEYOND ORIENTATION TO EXAM JAM

*How do we support students as they begin
final exams?*

PRESENTERS

CINDY BOURNE (UBCO)

VIVIAN FAYOWSKI (UNBC)

BRENDA KOLLER (UNBC)

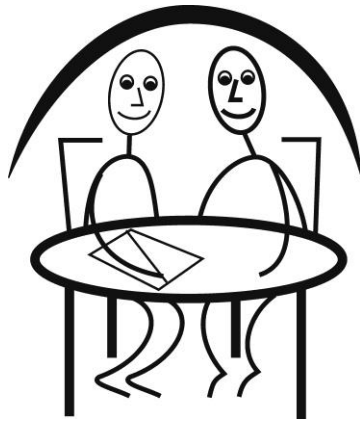
FOR DISCUSSION:

What issues do your students face as they enter into the final exam period?

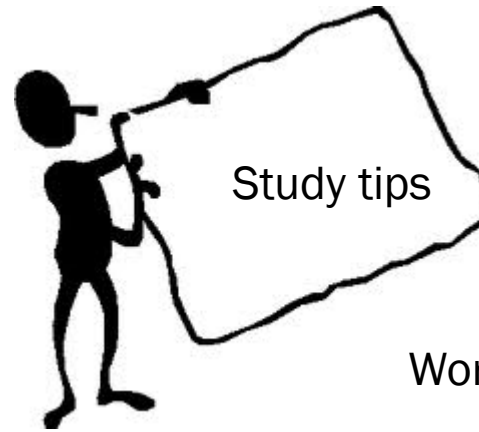


ACTIVITY

Describe the best practices in use at your institution to address student issues as they enter into the final exam period.



tutoring



Workshops

EXAM JAM HISTORY

- Peer leaders attended a Supplemental Instruction conference in New Orleans
- Leaders were drawn to the 'Exam Jam' presentation while I chose assessment (guess who had more fun 😊)
- Dec 2010 we initiated the first Exam Jam



EXAM JAM

- Exam Jam at UBCO
- Exam Jam at UNBC



PRE-EXAM JAM

- Exam Anxiety workshop
- UNBC *Examiner* newsletter
- Posters
- Social Media

Volume 1, Issue 1 March 2013

UNBC Examiner

Breaking News: Exams are on the way!

DATES TO REMEMBER!

- **April 8**
Last day of classes
- **April 9**
Exam Jam
- **April 10**
First day of exam period
- **April 20**
Last day of exam period

TOP TEN STUDY SKILLS TIPS

1. Time Management

- Plan your study time wisely and adhere to a schedule.
- Set priorities and reward yourself with enjoyable/relaxing activities.

2. Attitude

- Believe in your abilities and keep motivated.
- Don't allow one low mark or mistake to drag you down.

3. Dedication

- Be persistent.
- Attend all classes, labs, tutorials, etc.
- Take advantage of additional resources.

4. Organization

- Keep all of your work well organized.

5. Preparation


- Pre-read for class, print notes, ask for clarification.
- Plan for weekly reviews.
- See your instructor during office hours.

6. Study Environment

- Find a quiet/comfortable place (but not too comfortable) with adequate lighting.

7. Concentration

- Prioritize, focus on important material, and filter out what is unnecessary.



8. Divide and Conquer

- Divide large tasks into smaller, manageable tasks.
- Take a 5-minute break at least once an hour.

9. Be Proactive

- Don't wait until it's too late, take action before an issue becomes serious/stressful.

10. Learn from your Mistakes

- Review mid-terms, assignments, essays etc.
- View mistakes as learning opportunities.

Submitted by: Brenda Koller
Writing & Study Skills Advisor
Academic Success Centre

INSIDE THIS ISSUE!

Top Ten Study Skills Tips	1
Plan For Better Eating	1
Training Your Stress Dragon	2
Believe That You Can Do It!	3
Know How To Take Tests	3
Exam Are On The Way!	4

PLAN FOR BETTER EATING


Eating healthy takes some planning. Here are some suggestions to help you get on your way for optimal nutrition during exams.

- Make a grocery list and shop in advance so you have the ingredients you need.
- Plan your meals for exams—you can pre-make something and freeze it so it is ready to go.
- Eat breakfast—your brain

needs fuel!

- Exercise—even at moderate levels, your metabolic rate will be elevated and your concentration will thank you!

Adapted from Davis, M., Esnelman, E., McKay, M. (1999). *The Relaxation and Stress Workbook* (4th ed.)



CONSIDERATIONS

Facilitators

Funding

Faculty buy-in

Institutional awareness

Location

Promotion

Student awareness

Administrative support

Activities (lunch, pet-a-puppy, yoga, crafts, ...)




THINGS THAT WORK FOR US

- Focus on the big, first exams , because students most definitely will!
- Balance extra-curricular activities with review sessions
- Food – sponsored coffee breaks, etc.
- Study rooms (group study opportunities)
- Exam strategies workshops
- Fitness (Yoga/Zumba...etc.)



SUCSESSES

- Builds institution-wide support for students as they enter into exams
 - Student engagement
 - Tradition (firmly entrenched at both campuses)
 - Expanding
 - Staff, faculty, peer-leaders, TA's working together to energize students for final exams
- 

CONTACT INFORMATION

Cindy Bourne, Learning Supports and Services

UBC Okanagan

Email: cindy.bourne@ubc.ca

Vivian Fayowski, Coordinator Academic Success Centre

University of Northern BC

Email: Vivian.Fayowski@unbc.ca

Brenda Koller, Advisor Writing and Study Skills, Academic Success Centre

University of Northern BC

Email: Brenda.Koller@unbc.ca