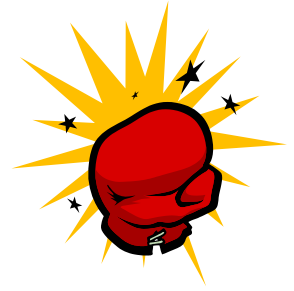




University of Central Florida
Student Academic Resource Center
“Success Starts at SARC”



POWer Studying

POW is going to stand for 3 key elements related to surviving exams

- being **Prepared**
- being **Organized**
- having a **Willingness to Succeed**

PREPARATION - Preparation Time vs. Study Time:

Proactive preparation is the key to effective studying.

- The night before a test, **you should not** be organizing your class notes, recopying your class notes, reading chapters in the textbook for the first time, creating study guides, trying to determine what is going to be on the test, and worrying about the impact of the test on your overall grade.
- What your focus **should be** the night before a test are one of two things: one, working on final comprehension of the course material and two, developing creative memory techniques which will enhance your ability to remember the course material.
- College students indicate they feel the need to study 5 to 8 hours to all night for an exam. The actual amount of time needed to study for any exam, including a final exams, is about 2 ½ - 3 hours.
- Again, if you have prepared properly to study, 2 – 3 hours is actually plenty of time for final comprehension and memorization of course material.

What is on the test? – Effective Communication with Your Professors

Schedule a one-on-one appointment with each of your professors and ask the following questions:

- “If you had to give me a letter grade right now, what would it be?” You are inquiring about your professor’s grading scale and how he/she perceives your work to date.
- “What number grade will I need to achieve on the final exam to raise my current letter grade one letter grade higher?” You are determining your goal for the exam and your study plan for the exam.
- Prepare ahead of time a list of course concepts which could be potential test questions. Ask your professor, “If I study these concepts, will I be on the right track towards success on the next test?” You are discussing your plan of action for studying for this exam. Ask your professor’s opinion about your strategy.
- Last question to ask, “What will be the structure of exam?” You are determining the time frame you will have for each section and each question. Determine if the exam is multiple choice, true/false, short answer or essay and ask what is the point value of each section and question.

Things to do while you are studying

- Find a place where you can talk out loud
- Have all necessary materials present in front of you to assist you in your studies (notes, textbook, scrap paper, highlighters, pens, pencils, index cards, something to play with, food, etc)
- Be active with your studying – use color pens, write things down, use index cards, talk out loud
- Concentrate on memorization strategies – challenge your memory from the first look to the last glance



- It is OK to feel like daydreaming. Get up and move around but don't surround yourself with temptations which could take you away from your studies for long periods of time (TV, phone, friends, and eating places).
- Keep your goal sheet in front of you
- Word to the wise. Do not involve yourself in a study group the night before the exam. You should be by yourself with your study materials and your own thoughts.

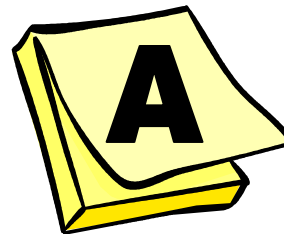
ORGANIZATION – Writing It All Down

- Have one folder with all materials necessary for each final exam.
- The more you write down the less you have to remember. This leaves more memory room in your brain for course material.
- Get away from referring to the look of your notes in your notebook. They are too familiar. Recreate material you need for the final on note cards, study sheets, etc. Use color and mnemonic devices to increase memory.
- When you are studying, the only things you need are your *highlighted chapter notes, revised class notes, study sheet of things to remember, scrap paper, and a pen.*

WILLINGNESS – A Will to Succeed

Set a Goal & Write It Down

- Many college students stress out regarding the impact a particular grade will have on their overall grade in the course.
- Determine what number grade is needed to improve your overall grade one letter grade and what number grade would cause your overall grade to go down a letter grade. As stated earlier, you should have this conversation with the person who will be recording your final grade, your professor!
- On a large sheet of paper, write down the letter grade you want to receive and/or the number grade needed on the exam for ultimate success in your course. Post this sheet of paper in room where you can see it 24 hours a day. Create a small version of this goal sheet to have in front of you when you study.



Studying is the process of making the material in your courses yours; studying is the process of learning. Make the effort to internalize this knowledge, if you don't it remains "out there" and not your possession. Prepare, Organize, and have Willingness to Succeed - studying becomes easy as a breeze not hard like a war!

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