

# Exam Prep Package

A STUDENT RESOURCE TO HELP  
WITH EXAM PREPARATION

**EQUITY, DIGNITY, RESPECT**



**HOLY TRINITY**  
CATHOLIC SECONDARY SCHOOL

# Preparing for Exams

Shortly, you will be preparing for your exams. For most of you, it will be the first time you will be writing exams. It is okay to be a bit anxious about writing formal exams, but know that your teachers, SERTS, counsellors, and support staff are here for you. If you are feeling overwhelmed, don't be afraid to ask for help. Use these tips to help you study; you will be less stressed and more prepared to write your exams. Understanding how you learn is important to finding the best study techniques for you. Please remember that what works for your friends may not work for you. The following pages will help you retain the important information that you will need for your exams. Start by taking the learning styles inventory quiz and see what type of learner you are! A learning styles quiz is found in [myblueprint.ca](http://myblueprint.ca) under the heading: Who am I?

\* For more resources, please visit Student Services D2L.



# Characteristics of Learning Styles and Study Strategies

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Learning Styles	Characteristics	Study Strategies
Visual Learner	<ul style="list-style-type: none"> <li>• Observes rather than acts or talks</li> <li>• Memorizes by seeing graphics or pictures</li> <li>• Finds verbal instructions difficult</li> <li>• Doodles</li> <li>• Notices details</li> <li>• Has good handwriting</li> </ul>	<ul style="list-style-type: none"> <li>• Takes notes, make pictures, graphs, and charts. Use flashcards and highlight key details.</li> <li>• Use colour coding as cue to important information.</li> <li>• Pay attention to visual aids such as maps, graphs &amp; charts, posters, and films.</li> <li>• Imagine pictures of the information you are required to remember.</li> </ul>
Auditory Learner	<ul style="list-style-type: none"> <li>• Enjoys talking</li> <li>• Has difficulty with written directions</li> <li>• Distracted by noise</li> <li>• Enjoys listening to activities</li> <li>• Enjoys music</li> <li>• Outgoing by nature</li> </ul>	<ul style="list-style-type: none"> <li>• Say aloud the information to be learned/have someone read the information to you and/or record yourself reading the information and listen to it as often as you like (where you want!)</li> <li>• Brainstorm ideas with others. Form study groups.</li> <li>• When possible, learning information through television, oral reports, rhymes, songs, lectures, and group discussions.</li> <li>• Explain math problems, concepts, or facts to yourself, saying the information out loud.</li> </ul>
Kinaesthetic/Tactile Learner	<ul style="list-style-type: none"> <li>• In motion most of the time</li> <li>• Taps pencil or foot when studying</li> <li>• Likes to solve problems by physically working through them</li> <li>• Uses their hands while talking</li> <li>• Willing to try new things</li> <li>• Enjoys doing activities</li> </ul>	<ul style="list-style-type: none"> <li>• Keep your desk clear from distracting objects.</li> <li>• Divide your study sessions. Take breaks and reward yourself.</li> <li>• When studying, use multi-sensory approach (hearing, seeing, touching, and doing) as much as possible.</li> <li>• Use models, real objects and materials that can be touched and moved.</li> <li>• When possible, draw what you are learning.</li> </ul>

# Study Tips & Strategies

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- Begin reviewing EARLY. Ideally, you should study in chunks every day.
- Spread your study sessions over at least three to five days. The earlier you start, the better, as the brain requires time to recall and store information.
- Plan a study schedule and stick to it. Create a calendar and set aside time for studying – include all your extracurriculars so that your planning is realistic! Study for 30-60 minutes and take a 10-minute break. Taking breaks will help keep you focused.
- Location, location, location! Study in a quiet, comfortable environment that does not have too many distractions. Use the same spot that is reserved for studying (if possible).
- Create study notes that focus on the information on the review sheet your teacher provides. Study notes are important b/c they are neater, cut down the information, as well as help you stay organized & focused. Hint: while you're making the notes, you are actually studying!
- Complete sample problems and tasks - practice applying concepts taught in the course!
- Review study notes with parents or friends. Remember, you just need a sounding board to help you review the information and discuss key issues.

# Study Tips & Strategies

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- Read the review sheet provided by the teacher and think of possible questions that your teacher may ask. Make a mini quiz and test yourself. Review unit tests and quizzes from earlier in the semester. Redo and practice problems, questions, tasks, etc.
- Working with a study partner or group is great, but only if everyone in the group has already studied. By studying together, you may find information that you have overlooked. Use the chance to discuss issues, ideas, and solutions - you should be helping each other develop understanding!
- Grab your notebook or cue cards and go for a walk. Quiz yourself in your head while you are walking.
- Make flashcards/cue cards with terms and definitions. Use this [link](#) to help you make flashcards.
- Make a game. Believe it or not, studying can be fun! You can create a matching game with flashcards, a jeopardy game for points, or a simple board game with trivia questions. Play your game with your study group. There are lots of free online game templates too!
- Go online. Sometimes looking online at videos will help you remember information. You can look up science experiments (for ex., Khan Academy) or historical locations/documentaries to help you. Listen to podcasts that relate to your courses, you may find something interesting!
- Don't "cram"! You will be more successful if you take the time to learn and understand the information.

# Exam Writing Trips

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- On the morning of the exam, ensure that you have a good breakfast and that you arrive early with the materials required to write the exam (for example, highlighters, calculators, pens, pencils, erasers, rulers, etc.). Bananas are great brain food!
- When you first begin, immediately write out the information that you need to remember, such as formulas, specific dates, or names. Don't spend too much time doing this.
- When you begin your exam, allocate and plan out your time before you start writing. Keep an eye on the clock and don't spend too long on just one question. Pace yourself!
- Before you start, do an overview of the entire exam by scanning over the sections and noting the points awarded to each. Questions that are worth more points will likely require more time, focus, and detail than those that are worth less. For example, a true/false question worth one mark should take you no more than 30 seconds to answer, whereas a long answer question worth five marks may take you 5 to 10 minutes to answer properly in full. Do not dwell on questions worth only one mark - it is better to lose one mark rather than lose five marks. You can always come back to the unanswered one-mark questions at the end of the test if time remains.
- If you go blank and can't think of anything to write, go on to another question or another part of the test. In an essay question, jot down anything you can recall on scratch paper to stimulate your memory and get your mind working. It may also be helpful to visualize yourself studying-imagine your book, review notes, and the information. If you have studied, the information will probably come to you.
- The marks assigned to a question are important guidelines for the depth of responses required. Don't just write everything that you know - just answer the question.

# Exam Writing Trips Continued

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- Multiple Choice Tips: After reading the question, try to think of the correct answer BEFORE you read the options. Narrow down your choices by crossing out items that you know are wrong, and then choose your answer from the remaining options. Use information ‘given away’ in previous questions. Watch for definitive words like ‘all’, ‘not’, ‘every’, and ‘no’. Never leave multiple-choice answers blank!
- Fill-in-the-blank Question Tips: Look for grammar clues (i.e., “an” before a blank will indicate that the answer starts with a vowel or something that indicates a plural word, or a past tense verb). After you fill in the blank, re-read the statement with your answer to make sure that your answer makes sense in the sentence.
- Written answers: Prepare a brief outline first. Use complete sentences unless told otherwise. Begin your answer with part of the question (e.g., The capital of Canada is ...). Include key definition words in your answer. Write neatly and double-spaced. Leave space between answers to add more, and to write corrections during the exam review. Remember, some of an answer is better than no answer. Proofread when done.
- Essay Question Tips: Write an outline of the major points you want to include in your answer/essay; be clear on your main thesis and supporting arguments (BPs). Organize your thoughts. Remember to get to the point quickly and write neatly.
- Try your best to stay relaxed and remember to breathe!



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