



ST. IGNATIUS OF LOYOLA

EXAM PREP PACKAGE

RESOURCES TO HELP
WITH EXAM PREPERATION

Prepared By
Loyola Staff

Prepared For
Loyola Students

<https://secondary.hcdsb.org/loyola/>

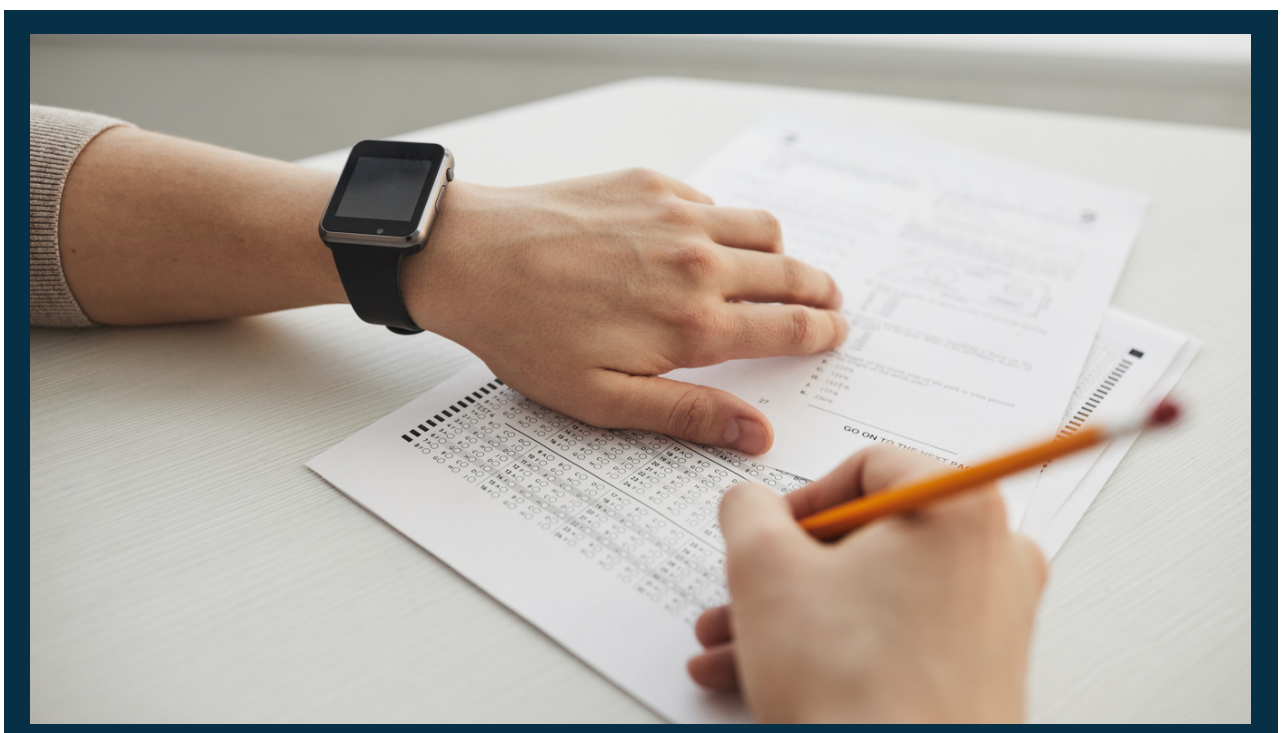
Preparing for Exams...

Over the next few weeks, 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, counselors, and support staff are supportive and understanding. 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.

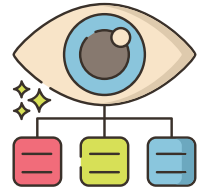
Take the learning styles inventory quiz and see what type of learner you are! A learning styles quiz is found in myblueprint.ca under the heading: *Who am I?*

* For more resources, please visit Student Services D2L.





Characteristics of Learning Styles and Study Strategies



Click on the buttons below to access video resources



* Go to your myblueprint account for a learning style test

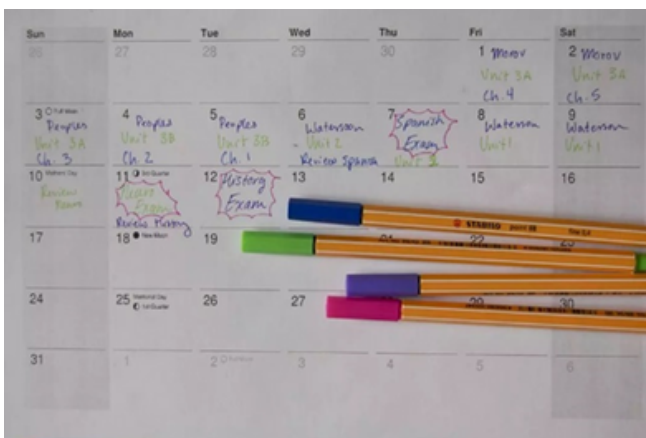
Learning Style	Characteristics	Study Strategies
Visual Learner	<ul style="list-style-type: none">▪ Observes rather than acts or talks▪ Memorizes by seeing graphics or pictures▪ Finds verbal instructions difficult▪ Doodles▪ Notices details▪ Has good handwriting	<ul style="list-style-type: none">○ Take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

Study Tips & Strategies

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1. Begin reviewing EARLY. Ideally you should study in chunks every day. You should review the day's lesson (setting aside 5 to 10 minutes for review) by rereading notes and beginning to create your own study notes for down the line. Highlight what you do not understand so that you can ask your teacher before the day of the test/exam.
2. As you review your notes daily, you should highlight the key terms/ideas/concepts you encounter. Keep an organized list of these (they will serve as a helpful study list later). We recommend organizing this list by the title of the lesson. You should have separate running lists for each unit of the course.
3. 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.
4. Location, location, location! Study in a quiet comfortable environment.
5. Plan a study schedule and stick to it. Create a calendar and set aside time for studying – include all your extra curriculums so that your planning is realistic! Study for 30-60 minutes and take a 10-minute break. Taking breaks will help keep you focused.
6. Create summary notes that focus on the information on the review sheet your teacher provides. Once your key terms for the lesson have been established, you should use this list for practice (studying). You should be able to look at a term and provide detailed information on each term.
7. Practice using this list with parents or a friend. Remember, you just need a sounding board. The person doesn't necessarily have to have a background or understanding of the area being studied to help you with your studying.



Study Tips & Strategies Continued

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8. Read over your review sheet/lists 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.

9. Make flash cards/cue cards with terms and definitions.

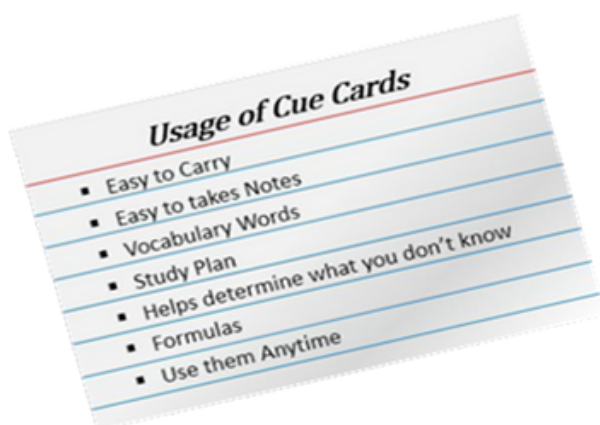
<https://custom-writing.org/blog/how-to-make-and-study-flashcards>

10. 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. Seeing as they are taking the class with you, they may be able to better support your understanding and fill in some gaps or suggest other points that could be added to your explanation of an idea or term. Whether practicing with a classmate or someone else, remember that the more information you can provide on a term, the better. Please note, however, that you do not want to go off on tangents but stay focused on the item at hand. Assume the person listening knows nothing about the subject and you need to provide them with a full understanding. You may want to use the student smart board that is available in the library as a tool. Please book a time with the librarian.

11. Make a game. Believe it or not, studying can be fun. You can create a matching game with flash cards, a jeopardy game for points or a simple board game with trivia questions. Play your game with your study group.

12. 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.

13. Don't "cram"! You will be more successful if you take the time to learn and understand the information.



Study Tips & Strategies Continued

Name of Strategy	Description
Pre-test ritual	Doing a "brain dump" when you first get your exam. Writing down important concepts on a piece of lined paper before you start looking through the test. Also, writing down fears has been shown to reduce anxiety.
Look for clues when writing the exam	Read over your test at the end. Sometimes information from one question can help answer another.
Cheat card/sheet	Summarize all the important concepts onto one cue card/sheet – include visuals to help you as you study. You can take this on go!
Create quizzes	Create your own questions, and then answer them! use cue cards or blank notebook. Keep practicing your answers until you can write them down perfectly.
Simulate test conditions	Try writing practice questions, without music, a not so comfy chair, etc.
Visualize study location	If you are stuck on a question, try to visualize the room where you were studying. It also helps to make notes colourful to help picture them better during the test.
Do a study walk!	Grab your notebook or cue cards and go for a walk. Quiz yourself in your head while you are walking.
It always takes LONGER than you think	Start studying before you think you need to. Also, choose a time that's earlier in the day. Put your study plan into your calendar app/my homework app and stick to it! Share it with your parents if you need their help studying/staying on schedule!
Stay positive during the test	Try to do the test as a fun challenge. Be positive and focus on what you do know.

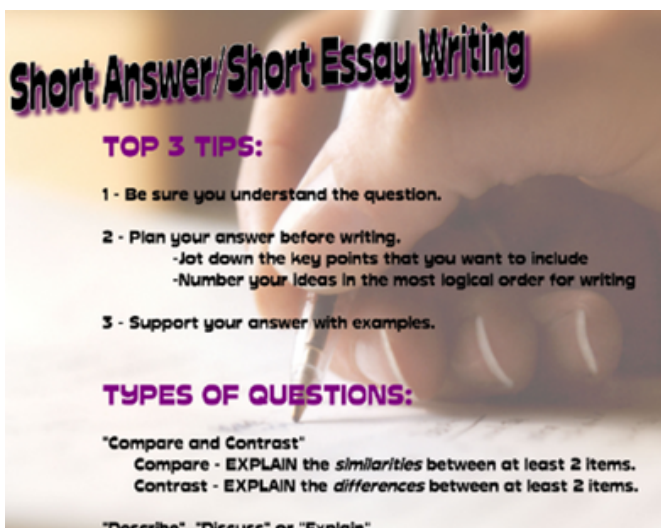


Exam Writing Tips

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1. 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.).
2. When you first begin, immediately write out the information that you need to memorize, such as formulas, specific dates, or names. Don't spend too much time doing this.
3. 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!
4. 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.
5. If you come across a question that you don't know the answer to, don't waste time and energy. Leave it and come back to it at the end.
6. 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 Tips Continued

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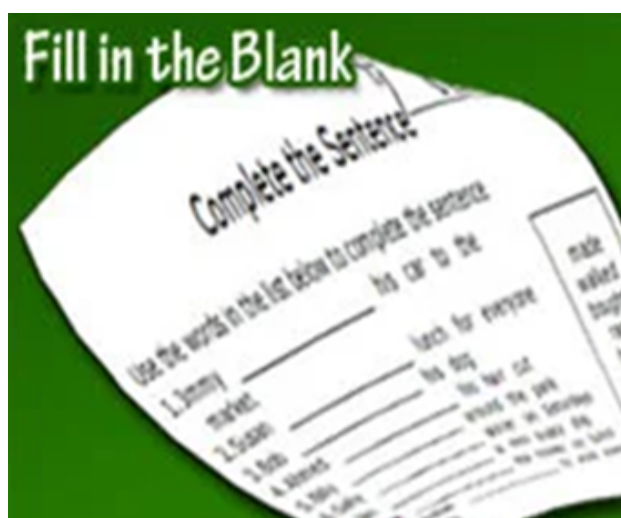
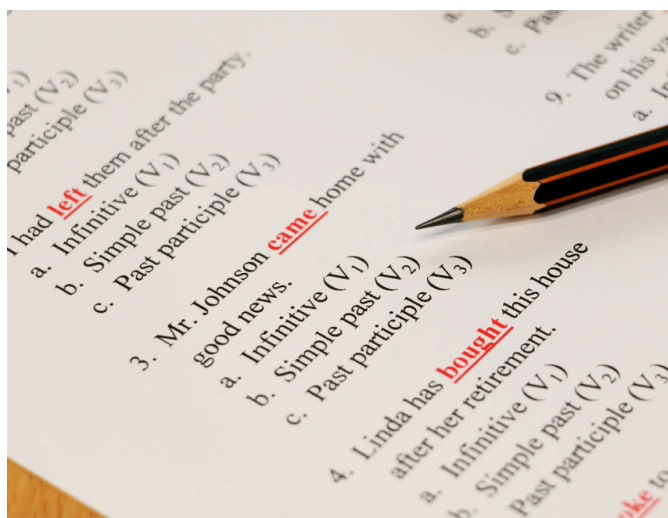
7. **Multiple Choice Tips:** After reading the question, try to think of the correct answer BEFORE you read your options. Narrow down your choices by cross out items that you know are wrong, and then choose your answer from the remaining options. Use information 'given away' in previous questions. Watch for definitive words like 'all', 'not', 'every' and 'no'. Never leave multiple-choice answers blank!

8. **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.

9. **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. Proof-read when done.

10. **Essay Question Tips:** In the margin of your page write a brief outline of the major points you want to include in your answer in your essay by restating the question. You can also ask for a piece of paper to organize your thoughts. Remember to get to the point quickly and write neatly.

11. Try your best to stay relaxed and remember to breathe!



Mental Health & Wellbeing

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At HCDSB, the health and well-being of all students is our highest priority. Our Catholic values instill a strong belief to care for one another and ensure that our schools are safe, engaging, welcoming and inclusive places to learn.

