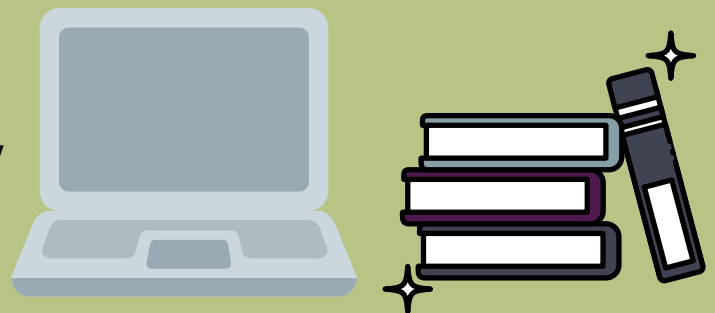


STUDY METHODS FOR OPEN BOOK EXAMS

Even though finals are online, they will still have a time limit - remember to take the time to study rather than relying on finding answers during the exam.

Prepare your space for study time:

- Find a quiet space with lots of light
- Make sure everything you need is near by
- Space is clean and organized
- Reduce distractions



CREATE A STUDY/ REVIEW SCHEDULE AND GUIDE

Schedule short study sessions spaced out over time

- Use planner/calendar/apps to help you stay on top of studying

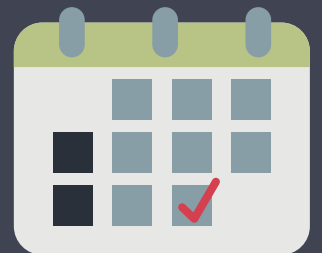


Figure out what you know and don't know - focus on the material you are struggling with.

PRACTICE/APPLY/REFLECT/REPEAT

Practice:

- Write out questions & equations
- Present the concepts as if you were teaching it
- Some instructors give out practice exams (match test conditions & time yourself)
- Create your own questions from course content



Apply and Reflect:

- Connect the material to real life information
- Reflect on how different topics relate
- Highlight important information when reading OR copy/paste into word doc. - reflect and review those areas afterwards & periodically (summarize the key themes)
- Some find it helpful to read text aloud

There are so many ways to study concepts - Try them out and see what works best for you!

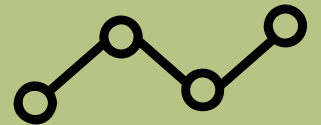
Acronyms

Compare/Contrast Tables

Flashcards

Associations

Diagrams



Repeat! Do these things multiple times - repetition is important to build memory

REMEMBER TO TAKE CARE OF YOURSELF

Take care of your health:

- Schedule wellness breaks
 - Go for walk/stretch/do something that helps you de-stress
- Maintain healthy habits
 - Get a good nights sleep
 - Exercise
 - Maintain a balanced diet
- Advocate for your learning needs and seek support if needed
 - Communicate to your professor
 - If you need accommodation contact TRU Accessibility Services
 - Stay connected to friends/family and if you need support TRU Counselling is here to help

