

## Exam-ready checklist! (adapted from "[A Mind for Numbers](#)" by Barbara Oakley)

Aim to "check" as many items in this list as you can. If there are unchecked items, consider revising your study strategies (you can always come to SASC for advice on Learning Strategies!)

### Early:

- Attend class and be an active, engaged participant!
- Pre-lecture: Preview the content and take notes (write down questions or doubts).
- In-lecture: Add any extra information and annotations to those beautiful pre-lecture notes!
- Post-lecture: Review your notes, test your recall and understanding, and identify any gaps and note any remaining questions.
- Go to office hours/CAT sessions/SASC when you're having trouble (don't let a topic pass without understanding it!)
- Understand ALL of your submitted homework solutions (don't just copy and paste solutions from the textbook or classmates. You should be able to *justify* every step.)

### Close to the exam:

- Don't cram through exam week. Distribute your study in smaller sessions (15 mins-1 hr) throughout your semester. Learning takes time. Give your brain time.
- Go through practice problems and ensure you know how to approach all of them. (if not, follow the steps above!)
- Classify the type of problems you've seen and the methods to solve them (your *toolkit*). Outline lots of problem solutions (no need to spend time on detailed calculations).
- Meet with classmates and go through those practice problems together (*after* you have done your individual outlines!). Consider going through the calculations for some of them together and quiz each other to identify underlying concepts.
- Attend any review sessions offered by your CAT, professor, or any other tutors. Ask questions on anything that you're not sure about. (SASC has drop-in hrs during exam week. Check the schedule!)
- (the most overlooked) **Get enough sleep.** For most people, this means at least 7 hrs. **Eat well.** Your brain needs fuel. Food provides that fuel (unlike those 5hr energy drinks). Not doing this could render all previous steps useless and undermine your performance.