

Memory Techniques: Squeezing It All In



Test Cramming: We've All Done It

How to Make Your Cramming Meaningful
(When You Have Less Than 5 Days to Study)

Things to do before studying: Environment

Where do you study best? Check all that apply.

- A quiet place
- A coffee shop
- A place with background noise
- Dorm room
- Library
- Basement of the Library
- Living room
- Outside
- An empty place

What method of studying works best for you? Check all that apply.

- Flashcards
- Outlines
- Repeat information aloud
- YouTube Videos
- Quizlet
- Independently
- Group setting
- Rewriting notes
- Reading textbook

What challenges do you foresee? Check all that apply.

- Netflix
- Social Media
- Organizational Commitments
- Hulu
- Video games
- Music
- Friends
- Family
- Social life

How will you overcome these challenges?

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Setting Up Study Time

What are you studying? _____

What do you need to know by the end of your study session?

What are your strong points?

What are the weak points?

What method of studying do you need to use?

What do you need to accomplish:

- Four days before the exam?
- Three days before the exam?
- Two days before the exam?
- One day before the exam?

This is where you can write the information from the checkboxes from the front.

1. Where will you go for your study session?
2. How will you study?
3. What could get in your way?
4. How will you overcome these challenges?