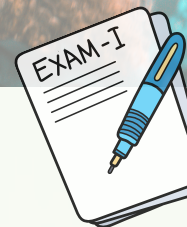


APRIL 2021

GPP NEWSLETTER

MONTHLY GLOBAL PEER PROGRAM HIGHLIGHTS



UPCOMING EVENTS

Click the Event Name to Register

MEMORY

APRIL 7, 2021

@ 11:30AM-12:30PM

MANAGING ACADEMIC STRESS

APRIL 8, 2021

@ 2:00PM-3:00PM

EXAM PREP

APRIL 9, 2021

@ 11:30 AM-12:30PM

COOKIE BAKING WORKSHOP

APRIL 14, 2021

@ 2:00PM-3:00PM

SPEED PHOTOGRAPHY WORKSHOP

APRIL 20, 2021

@ 5:00PM-6:00PM

DROP-IN INTERNATIONAL STUDENT ADVISING

EVERY FRIDAY

IN THIS ISSUE:

PREPARING FOR EXAMS MIGHT BE AN OVERWHELMING TASK. BUT DON'T WORRY, WE GOT YOUR BACK! IN THIS EDITION, THE GLOBAL PEER PROGRAM WILL SHARE WITH YOU SOME KEY POINTS ABOUT EXAM PREPARATION, AND EVEN STRATEGIES THAT YOU CAN USE DURING THE EXAM! WE ALSO SUGGEST SEVERAL AMAZING RESOURCES FROM LEARNING SKILLS SERVICES (LLS) WHICH CAN HELP YOU ACCOMPLISH YOUR ACADEMIC GOALS. AND DON'T FORGET TO CHECK OUT THE HIGHLIGHT EVENTS OF THIS MONTH. YOU CAN FIND EVERYTHING, LITERALLY EVERYTHING, FROM ACADEMIC WORKSHOPS WITH TONS OF INFORMATIVE ADVICE TO FUN ACTIVITIES THAT YOU CAN COME, ENJOY AND CHILL!

-GPP MENTORS -

EXAM PREPARATION PLAN

STEP 1:

REVIEW YOUR SYLLABUS

Figure out when all your exams will be and how much of your grade they are worth. Put these dates on your calendar or planner so they do not sneak up on you!

RESEARCH EXAM FORMAT

Ask your professor about exam format, how it will be graded, if there are any opportunities for extra credit, what the most important subjects will be, etc.

FOCUS ON YOUR OBJECTIVES

What do you intend to accomplish during this session? A concrete study goal and study plan may help. Also, keeping a folder for your exam reviews is a good way to keep organized.

MAKE YOURSELF A STUDY GUIDE

Go through your notes and highlight the most important information. Not only will this give you a more focused way to study, but it creating it is another form of studying!

STEP 2:

START AS EARLY AS POSSIBLE

Do not cram! It is impossible to memorize all information the night before. Always study when you have the chance, even if it is only for 15 or 20 minutes. These short study periods add up fast! Study in chunks of 25 minutes, take a 5-minute break; repeat the process 3x, then make a longer chunk.

CUSTOMIZE STUDY TECHNIQUES FOR EACH COURSE

Take an active role in knowledge creation as well as information review. For example, for Mathematics courses, do a lot of practice. For language courses, make flashcards for word definitions.

REVIEW PREVIOUS TESTS AND ASSIGNMENTS

If you missed questions on previous work, look up the answers and understand why you missed these questions. This is particularly helpful if the exam you are studying for is cumulative or comprehensive.

ASK FOR HELP

If you need help, ask for help! Professors, PASS Leaders, and classmates are all good options. Asking professors for help also shows your commitment. The professor will probably be glad to help, and can assign you as a peer mentor for the course.

STEP 3:

GET PLENTY OF REST THE NIGHT BEFORE EXAMS

Get 7-8 hours of sleep to optimize alertness on the test. Also, do not consume caffeine or any other stimulating substance within 5-6 hours prior to sleeping because they will reduce the efficiency of sleep.

EAT HEALTHY AND LIGHT MEALS

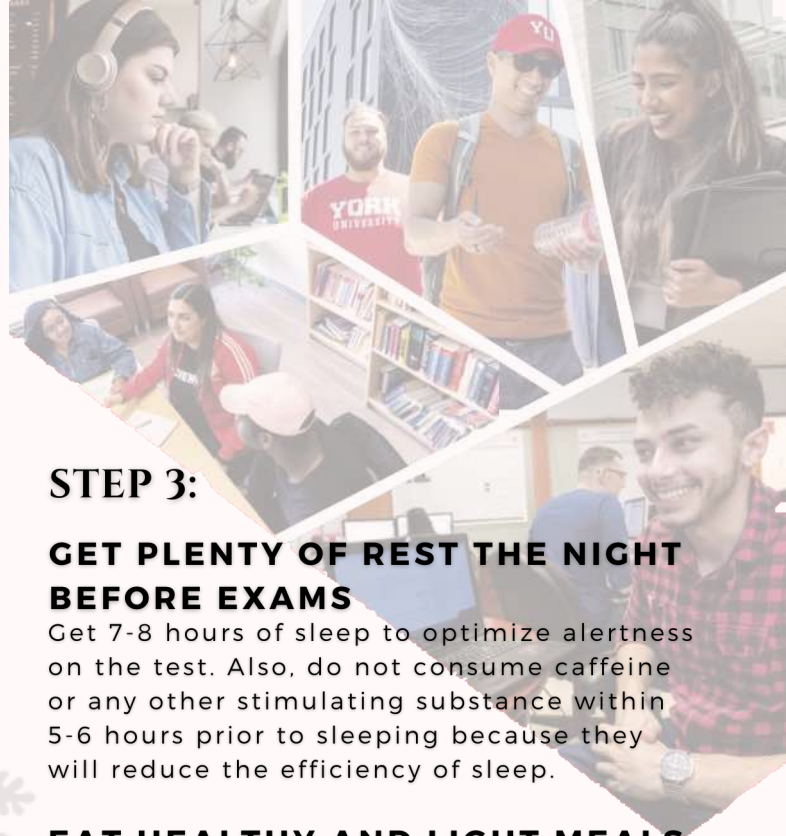
Eat a balanced breakfast full of lean protein, vegetables, omega-3 fatty acids, and antioxidants. A sample breakfast might include a spinach omelet with smoked salmon, whole wheat toast, and a banana.

DO THE QUESTIONS YOU KNOW FIRST

Finish easy questions first, so you can spend quality time on the difficult one without fretting. Struggling and concentrating on a question you do not know can make you lose valuable marks.

OTHER IMPORTANT THINGS TO KEEP IN MIND!

- Make study groups. You can learn a lot from your peers.
- Make sticky notes. Best way to revise (especially formulas)!
- Prepare and organize your notes based on: themes, units, systems, modules, etc.
- Understand the exam guidelines and framework.
- Create a skeleton framework or a rough draft for essay type questions.





KEY STRATEGIES FOR EXAMS

LOOKING FOR STRATEGIES TO BOOST YOUR LEARNING POWER AND GET THE MOST OUT OF YOUR STUDIES? LET SEE WHAT LEARNING SKILLS SERVICES (LSS) SUGGESTS TO HELP YOU PREPARE FOR THE COMING EXAMS!

UNDERSTAND FIRST, MEMORIZE LATER

This is one of the most important learning strategies that we wish all students to practice! Before memorizing the concept, ask yourself questions like "Do I know what this means?" Second step is rephrasing in your own words so that it becomes the "common sense" language of your own. It helps you memorize better!



COVER-UP STRATEGY

This strategy will help you tackle with multiple choice questions with confidence. First, don't look at the answers, just read the question. Then try to think the answer out loud by recalling the concept from your memory. Finally, read all options and choose whichever fits the best. This cover-up strategy will trigger you to recall from your memory before looking at the options and can reduce any confusion.

FIND MORE ABOUT OTHER STUDY STRATEGIES [HERE](#)



LSS SERVICES OFFERED EXCLUSIVELY FOR YORKU STUDENTS!



Click on the buttons to take you there

**PEER
ACDEMIC
COACHING**

**WELCOME
DESK CHAT**

WORKSHOPS

*If you have any questions on Learning Skills Services, contact
Betty: Learning Skills Peer - International Student Focus at
Betty614@yorku.ca*