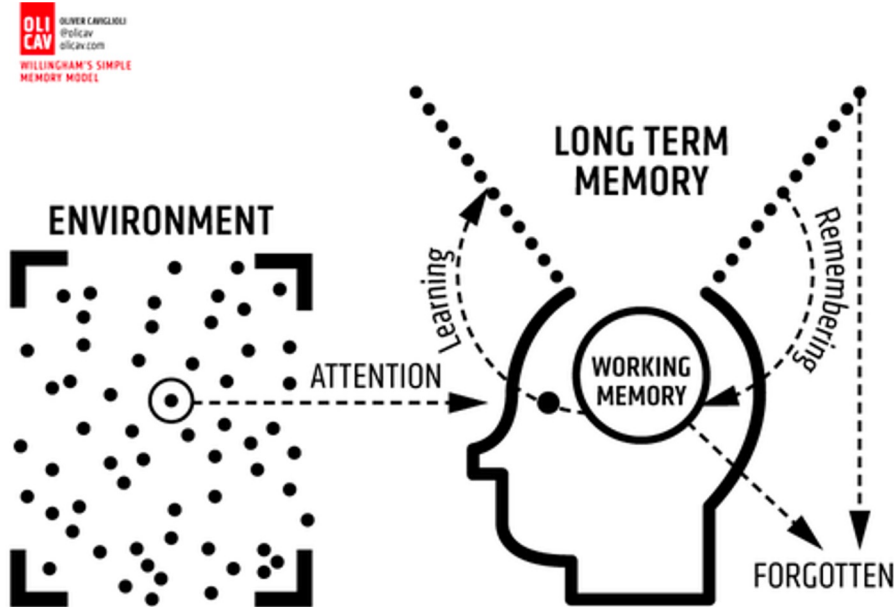


You are almost there: Preparing for Final Projects and Exams



THE CENTER *for* TRANSFORMATIVE
TEACHING & LEARNING
AT ST. ANDREW'S EPISCOPAL SCHOOL

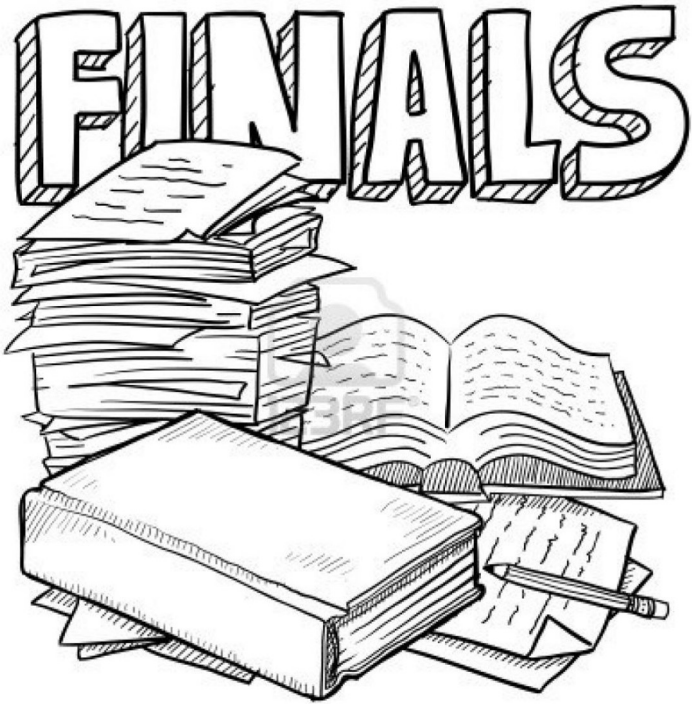
Reduce the number of things your brain has to think about at once



Whether you're writing a paper, working on a project, or trying to get information into your long term memory, your **working memory** does most of the lifting.

Unfortunately your working memory can only hold 4-7 things at one time.

Here are 10 strategies to free up your working memory and make exam and project week less stressful!



Strategy 1: Monotask (focus hard, then rest hard)

Strategy 2: Schedule spaced study sessions

Strategy 3: Gather your materials

Strategy 4: Identify the topics you know most and least

Strategy 5: Practice retrieving information from your brain

Strategy 6: Try dual coding your study guide and notes

Strategy 7: Grade yourself first

Strategy 8: Fill in the gaps

Strategy 9: Get moving

Strategy 10: Your brain works while you sleep

Before moving on from this slide, try and predict what might be shared for each strategy?

Strategy 1: Monotask (work hard, then rest hard)



Multitasking is actually Task Switching
The brain cannot do two complex cognitive functions at the same time. Each time we switch tasks, our brain has to restart and the whole thing takes longer.



Think “Interval Training”
Focus on a particular subject by closing unrelated tabs on your computer and then give yourself a study reward by checking social media or, better yet, getting up and outside moving.

How do these ideas align with your **current** learning and study strategies?

Strategy 2: Schedule spaced study sessions

2023 MAY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

2023 JUNE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

Printable Calendars From [Axnent.com](https://www.axnent.com)

Cramming might work for the short term but also creates more stress and the potential for what you want to stick to not be there when you need it.

- Schedule your exam or project due dates
- Set your study sessions in spaced intervals with some gaps (try to build in at least two study sessions per exam with one day off in between the sessions)

How do these ideas align with your **current** learning and study strategies?

Strategy 3: Gather your materials so you don't have to use working memory space to find them later

- Organize your exam review sheets or project guidelines for each course in separate folders
- Get the project rubrics to understand the objectives you are working toward
- Use the study guide (or make your own) that each teacher has provided you



How do these ideas align with your **current** learning and study strategies?

Strategy 4: Identify the topics you currently know most and least



1. Before you do any studying, make a list of the questions/topics that will be on your exam (if your teacher gave you a study guide you already have this!)
1. Read through your list and highlight each question
 - 🤔 **Red:** I don't understand this yet and this question would scare me on a exam
 - 🤔 **Yellow:** I sort of remember this but would need to check my notes/ask for help to give my best answer
 - 😎 **Green:** I could totally answer this on my own and I hope I get the question on the exam!
1. Tackle the scary questions first! Start with the RED questions until they turn yellow. Then study the yellow questions until everything is green.

How do these ideas align with your **current** learning and study strategies?

Strategy 5: Practice retrieving information from your brain

Try This

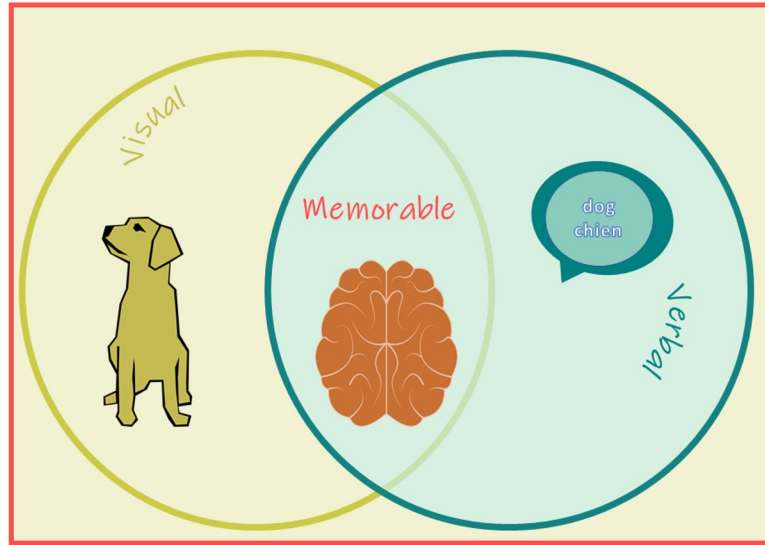
1. Choose a topic or question you want to study (a big idea is better than a small detail).
1. Take out a blank piece of blank paper and write the topic or question at the top. Put everything else away except for this piece of paper.
1. Write and draw everything you can remember about the topic. Even if you feel stuck, try for a full 5 minutes and see how much you can think of.
1. When you can't remember anything else, open your notes and see how you did:
 - Were there vocabulary terms or details you forgot that you can fill in now?
 - Did you miss any important pieces?
 - Did you say anything that was incorrect?
1. Correct and add anything you missed in a different color so you know what to focus on in your next study session.



The more times you retrieve information from your brain, the stronger that mental pathway will become and the easier it will be on the real test

How do these ideas align with your **current** learning and study strategies?

Strategy 6: Dual code your study notes with words and images.



Try this dual coding exercise

Select an exam or project concept or question

Write out your answer in your own words

Draw in this space an image that represents something you want to recall for one of your exams
(low resolution and stick figures work well)

How do these ideas align with your **current** learning and study strategies?

Strategy 7: If your paper or project has a rubric or checklist, grade yourself first



You can also meet with your teacher during office hours to get early feedback

If it's okay with your teacher (ask first!) trade projects with a classmate and peer critique each other before you submit

How do these ideas align with your **current** learning and study strategies?

Strategy 8: Fill in the gaps (and self advocate)



- Email your teacher
- Go to office hours / schedule a meeting
- Ask a classmate
- Go back to the class recording and materials
- Find a YouTube video



How do these ideas align with your **current** learning and study strategies?

Strategy 9: Get moving (Let us know what type of exercise you enjoy)



Exercise boosts memory

Directly - by stimulating growth of neurons and blood vessels in the brain

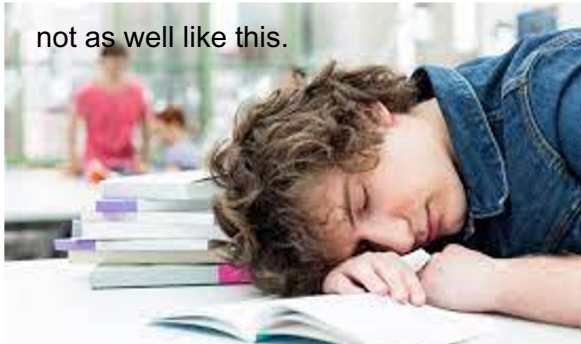
Indirectly - by improving mood and sleep and reducing stress

How do these ideas align with your **current** learning and study strategies?

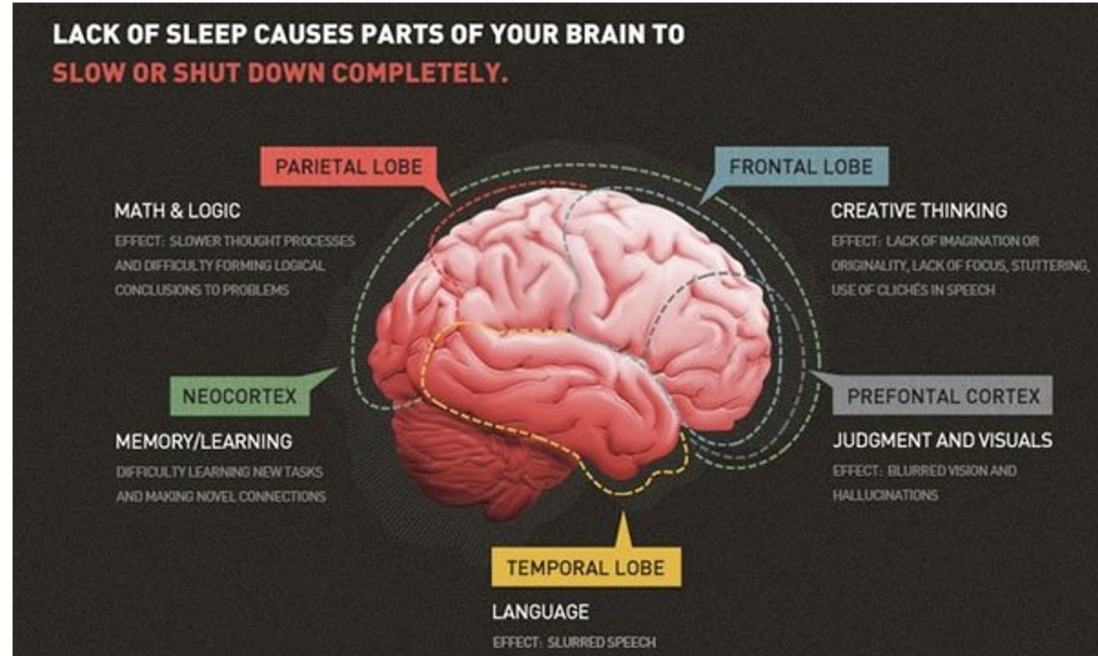
Strategy 10: Your brain works while your sleep . . .



like this!



not as well like this.



How do these ideas align with your **current** learning and study strategies?

	I am already using this strategy	I might try this strategy	I want to know more about this strategy
Strategy 1: Monotask (because the brain cannot multitask) and reduce your cognitive load			
Strategy 2: Schedule spaced study sessions			
Strategy 3: Gather your materials			
Strategy 4: Identify the topics you currently know most and least			
Strategy 5: Practice retrieving information from your brain			
Strategy 6: Dual code your notes with words and images			
Strategy 7: If your paper or project has a rubric, grade yourself first			
Strategy 8: Fill in the gaps (and self advocate)			
Strategy 9: Get moving			
Strategy 10: Your brain works while your sleep			

Have any questions?



Come visit us in the CTTL space in the Student Center
next week or email us to schedule a virtual coaching
session

ikelleher@saes.org

eshultis@saes.org

gwhitman@saes.org

lmartinezhanley@saes.org

Before You Leave These Slides: Retrieve from your active and long-term memory what you can remember from the research strategies that were shared (by first NOT looking back). What stuck?



Some inspirational quotes to post on your computer or in your workspace:

“Learning happens when you think hard.”

-Professor Rob Coe

“Memory is the residue of thought.”

-Professor Dan Willingham