

Preparing Academic Success Strategies (PASS)

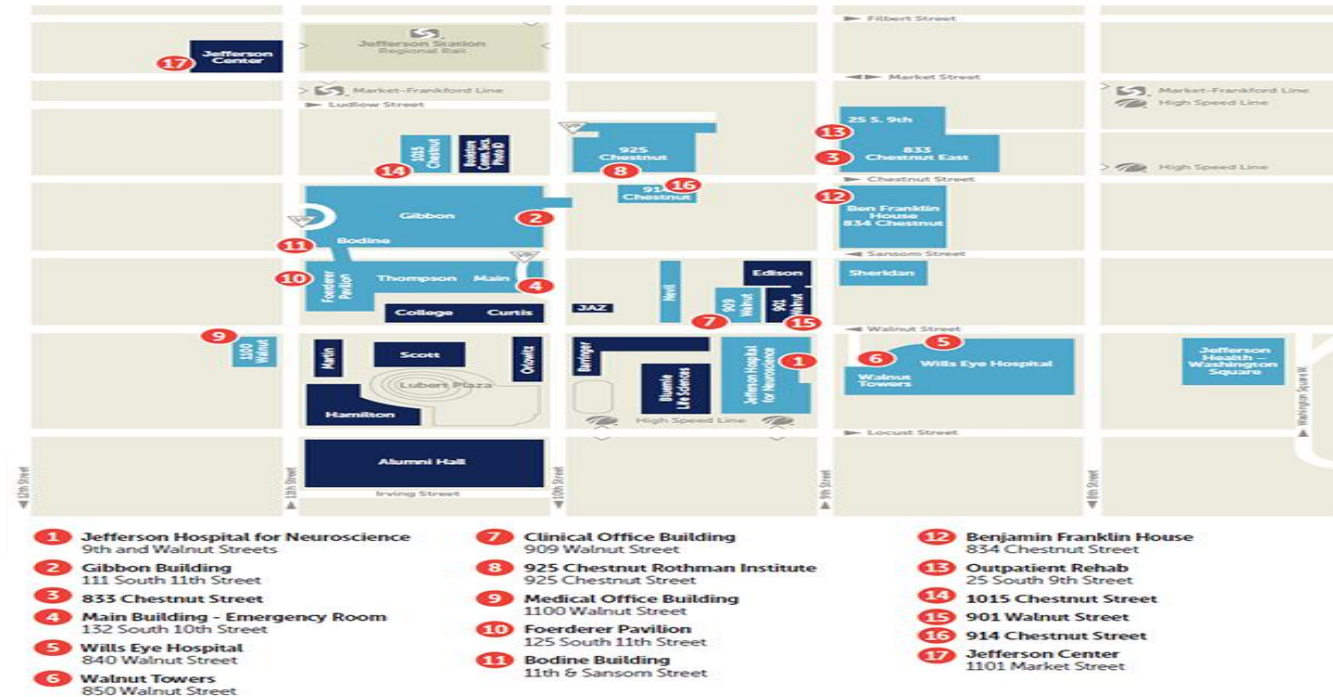


James Dyksen, MEd, MA

Director, Center for Academic Success, Office of Academic and Career Success
Center City Campus, www.jefferson.edu/studentsuccess

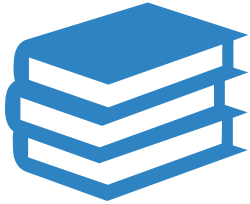
James.Dyksen@jefferson.edu 215 503 2787

Campus maps



► <https://maps.jefferson.edu/>

Center for Academic Success



Strategic Academic Support Consultations

Time Management

Study Strategies

- Learning large amounts of information
- Strategic study across the study cycle
- Active study strategies
- Effective and strategic reading, listening and note-taking
- Exam Preparation and exam taking



Writing Consultations @Student Writing Center

One-on-One Consultations

Online Writing Review

www.jefferson.edu/studentsuccess

www.jefferson.edu/academic_support

www.jefferson.edu/student_writing

Student Writing Center

Shawn Gonzalez, PhD

Assistant Director of Writing Services

Shawn.Gonzalez@Jefferson.edu



Student Writing Center



One-on-one sessions
with written feedback:
in person or virtual



Some evening and
weekend hours
available

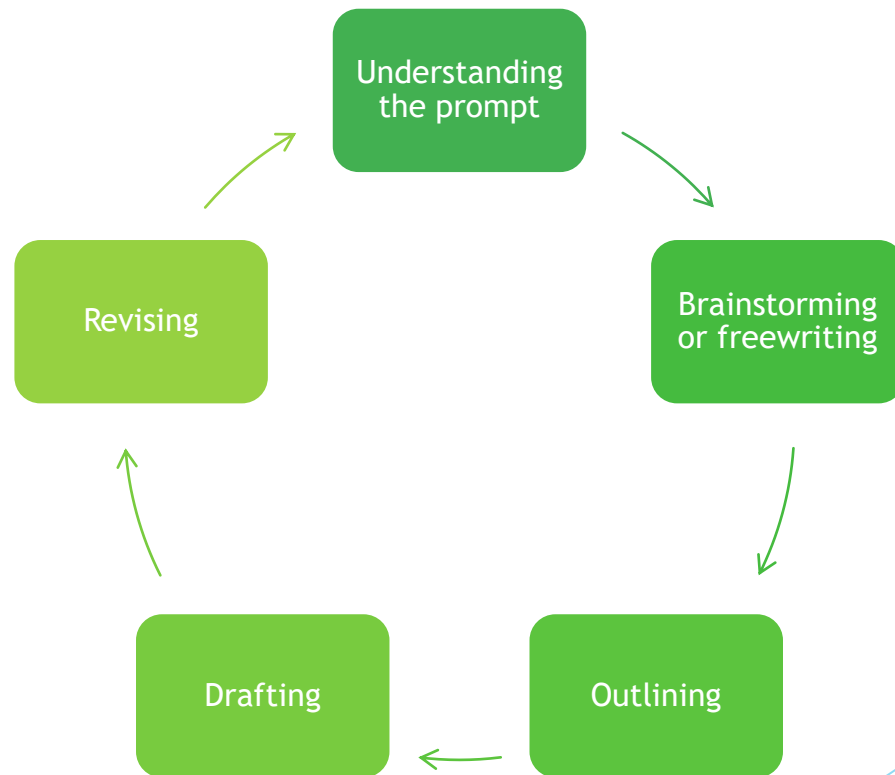


Broad experience in
graduate level writing
in the health sciences



Online resources (APA,
grammar, paraphrase,
GenAI guidance)

SWC support through the writing process



Student Writing Center

🏠 / [Life at Jefferson](#) / [Office of Academic & Career Success](#) / [Center for Academic Success](#) / [Student Writing Center](#)

EXPLORE THIS SECTION

[Online Writing Lab](#)

[Frequently Asked Questions](#)

[Book an Appointment](#)

[Resources for Faculty](#)

[CONTACT](#)



Book an Appointment

The Student Writing Center uses Starfish to book all appointments. Please read the information below before scheduling.

Appointment types:

- Appointments are offered either in person on the Center City Campus or virtually.
- If your schedule does not allow for a live conversation, we can offer written feedback through email. Book an appointment for "Written Feedback Only."



Office of Academic and Career Success - Accessibility Services

Ethan Wasserman, MS

Assistant Director, Accessibility and Academic Success,
ethan.wasserman2@jefferson.edu, 215 503 6531



Making a Request - Jefferson.edu/accommodations

Accessibility Services

[Home](#) / [Life at Jefferson](#) / [Office of Academic & Career Success](#)

EXPLORE THIS SECTION

[Center for Academic Success](#) +

[Center for Career Success](#) +

[Making an Appointment](#)

[Accessibility Services](#) -

- [Documentation Standards](#)

- [Forms](#)

- [Faculty](#)

Services for Students with Disabilities

Current and incoming students who would like to request accommodations are encouraged to do so by completing an [Accommodation Request](#) to get started.

Accessibility Services General Information

Thomas Jefferson University is committed to providing equal education opportunities to all students, including students with disabilities, in accordance with section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. Thomas Jefferson University will provide reasonable accommodations to all qualified individuals with disabilities to allow equal access and full participation to all University sponsored activities and programs.

Student Panel – representing JCP, JCN, JCRS...

- ▶ Tanya Abillar, JCP '27
 - ▶ Rawan Omer Abuelgasim, JCP '27
 - ▶ Tamjeed Sikder, JCN FACT 1
 - ▶ Grace French, DPT (written advice)
-
- ▶ Introductions - program, year, and favorite thing about being a student at Jefferson?

Welcome!

Our goals:

- ▶ Build awareness and encourage metacognition
- ▶ Introduce study strategy adjustments you might need to develop
- ▶ Encourage strategic and honest time management
- ▶ Encourage strategic, active, efficient study and learning
- ▶ Encourage communication and collaboration
- ▶ Encourage use of resources



Agenda

- ▶ Introductions and agenda
- ▶ **Active Study Strategies and Learning Efficiency**
- ▶ **Developing Time Management Strategies**
- ▶ **Strategies for Test Preparation and Test Taking**
- ▶ Proactive Use of Available Resources
- ▶ Wrap up and final comments



Our Role in Academic Success

- ▶ Our focus is on helping students to learn more effectively at Jefferson, and to develop lifelong learning strategies.
- ▶ We work with students across all of Jefferson's programs.
- ▶ Most of our work is with students who want to improve and want to develop more efficient study strategies given the demands of their degree program.



We Believe...

- ▶ Every student admitted to Jefferson can succeed here.
- ▶ All Jeff students arrive with strengths and experience, and we want to help you build upon those strengths...
- ▶ However, it is also the case that many students find they need to develop (new) strategies to be more efficient and successful - strategies you are capable of using well, but may not have needed before.

Characteristics of Successful Students

- ▶ Inquisitive
- ▶ Resilient / Adaptive
- ▶ Reflective
- ▶ Responsible for their own learning
- ▶ Balanced
- ▶ Thoughtful about Application of Learning



Metacognition - Thoughtful analysis and awareness of what works to encourage learning for you... and adjustments that might help

The ability to:

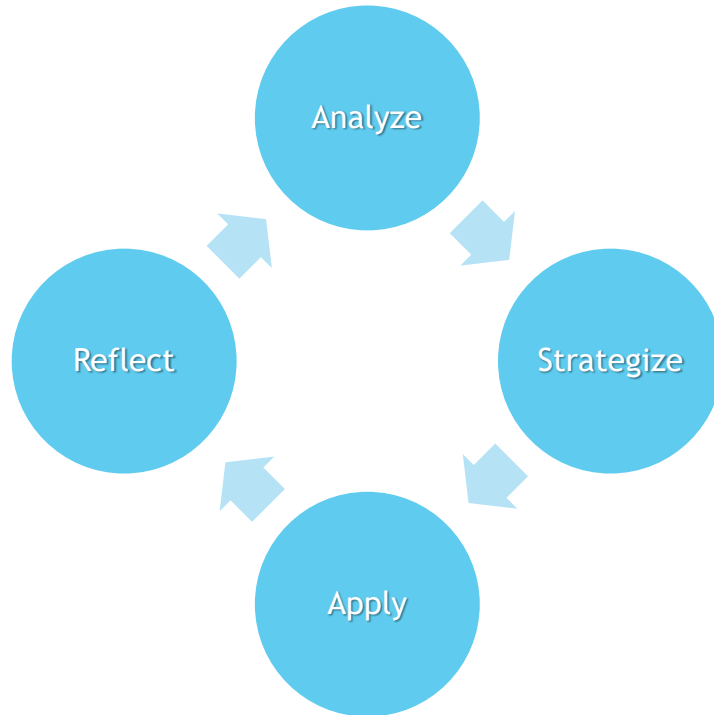
- ▶ think about one's own thinking
- ▶ choose practices that encourage deep, flexible, reliable learning
- ▶ be consciously aware of oneself as a problem solver
- ▶ monitor one's mental processing
- ▶ accurately judge one's level of learning
- ▶ make strategic adjustments in learning practices



McGuire, Sandra Yancey. 2012. Teach STEM Students *How to Learn*: Metacognition is the Key! Powerpoint presentation.

Process of Collaborative Problem-Solving

Strategic Academic Support Consultations



Critically reflect upon your study strategies...

Let's plan to build on strengths

Raise your hand if you agree with the following statements?:



- I have a system for studying and for managing all of my coursework.
- I believe my previous study methods will be effective here at Thomas Jefferson University.
- I am confident I can effectively make adjustments to learn effectively and efficiently.

A question for chat



What do you think you might need to work on or adjust as you begin your new program?

Questions you most want to discuss today

- ▶ Balancing work, orgs, classes and studying for standardized tests
- ▶ How to stay organized and be a strong student
- ▶ Would you be able to cover time management of classes while also working full time?
- ▶ Efficient and Effective Study Strategies - Graduated from Undergrad in 2021 (& a little worried about getting back in the traditional classroom)
- ▶ 1. How not to fall behind 2. How not to get overwhelmed with the volume of material 3. When and when not to use textbooks
- ▶ Exam preparation and test-taking strategies
- ▶ I am interested in learning more about specific tips for online/remote classwork.
- ▶ Adapting to a new city and curriculum simultaneously
- ▶ How do I go about finding time to study after classes and then rotations? How can I best be proactive for such a demanding semester?
- ▶ How to manage studying time and lab rotations.
- ▶ just making sure I complete everything before it is due
- ▶ **Time management, effective studying, exam taking, etc...**
- ▶ As an international student, I would like to know how I can fit into the US educational system. How can I make the most out of it?
- ▶ Online student switching to in-person.
- ▶ Study strategies
- ▶ Tips for individuals who sometimes struggle with focusing.
- ▶ Adult students returning to college if possible
- ▶ Organization and time management
- ▶ Time management, better ways to study, sources to help with material

Questions you most want to discuss today (from previous surveys)

- ▶ Time Management, Study schedules, Amount of time for study...
 - ▶ Focus, avoiding procrastination
 - ▶ Work / Study / Life Balance
- ▶ Efficient study practices
 - ▶ Differences/adjustments needed to transition from UG to G
 - ▶ Active study
 - ▶ Efficient note-taking, reading strategies...
 - ▶ What to expect of classes (demands and requirements)
 - ▶ Group study
 - ▶ How to learn deeply and retain information
- ▶ Resources for support
 - ▶ Mentors, tutoring, faculty office hours...
 - ▶ Accessibility services
- ▶ Test Prep and Test Taking
 - ▶ Strategies for test-taking, dealing with anxiety...
- ▶ Other: Maps / getting around campus, networking for leadership, activities...

Website : www.Jefferson.edu/studentsuccess

Resources available on demand

- ▶ [Spaced Repetition and Self-Testing](#)
- ▶ [The Study Cycle: An active, process-oriented approach to study](#)
- ▶ [Study groups as part of effective, efficient, active study](#)
- ▶ [Working with focus, purpose and grit: Strategies for dealing with anxiety in study and testing](#)
- ▶ [Test Preparation and Test-Taking Strategies](#)
- ▶ [Using Academic Resources](#)

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- ▶ Looking back at first semester / first year, what adjustments did you need to make? What lessons were important?
 - ▶ What do you wish you had known then?

Adjusting the Study Cycle: Developing Active and Efficient Study Strategies



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A question for chat



What study practices or learning strategies have you relied upon most?



What study resources or tools do you find effective / useful?

Resources available for review of Study Strategies

- ▶ Adjusting and Improving Learning Strategies
 - ▶ Make it Stick: <https://www.youtube.com/watch?v=MfyllowuuZU>
 - ▶ Learning Scientists: <https://youtu.be/CPxSzxyIRCI>
 - ▶ Osmosis: https://www.osmosis.org/learn/Spaced_repetition and https://www.osmosis.org/learn/Testing_effect
- ▶ The Office of Academic and Career Success, Center for Academic Success-
Please visit our website: www.jefferson.edu/studentsuccess

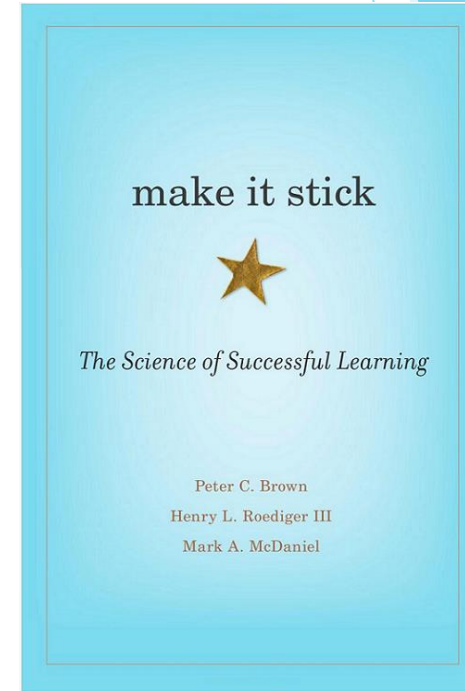
Your Key Takeaways from: Adjusting and Improving Learning Strategies

- ▶ What do you remember?
- ▶ What seemed valuable advice?
- ▶ What do you plan to put into practice?

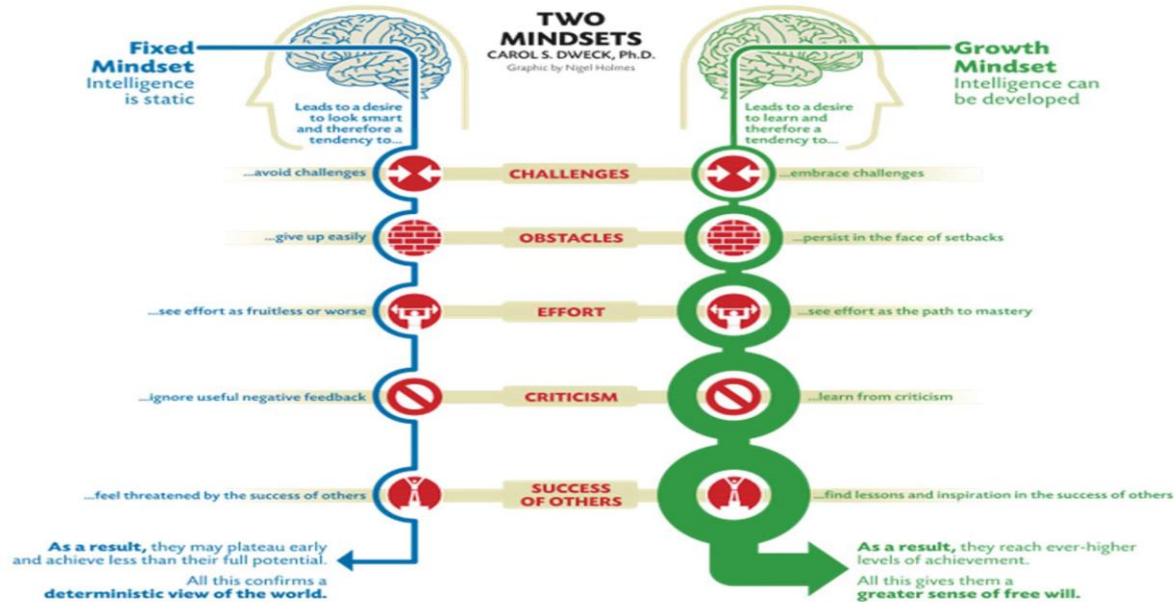


Key Lessons for students from *Make it Stick: The Science of Successful Learning* (Brown, Roediger & McDaniel, 2014)

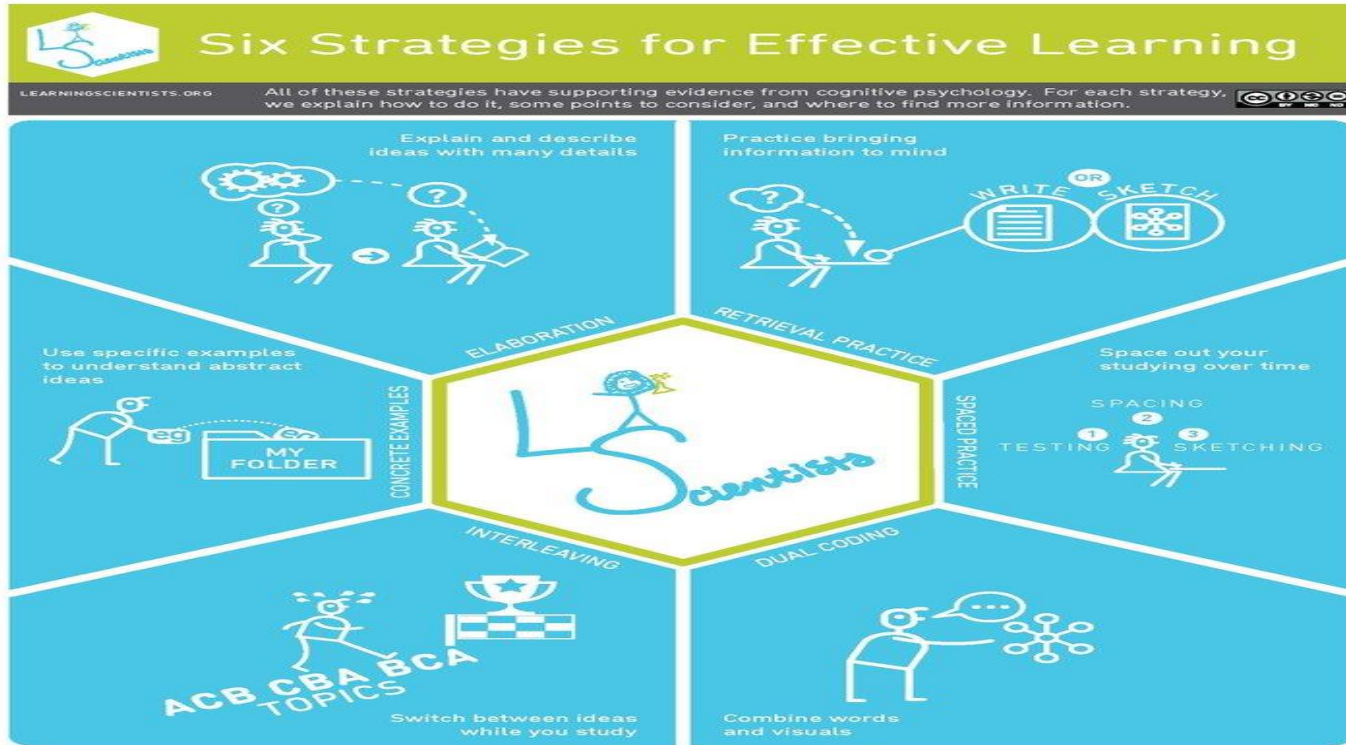
- ▶ Practice retrieving new learning from memory
- ▶ Space out your retrieval practice
- ▶ Build variety into your study practices
- ▶ Incorporate varieties of self testing - early and often
- ▶ Effortfully engage with material in multiple passes



Growth Mindset



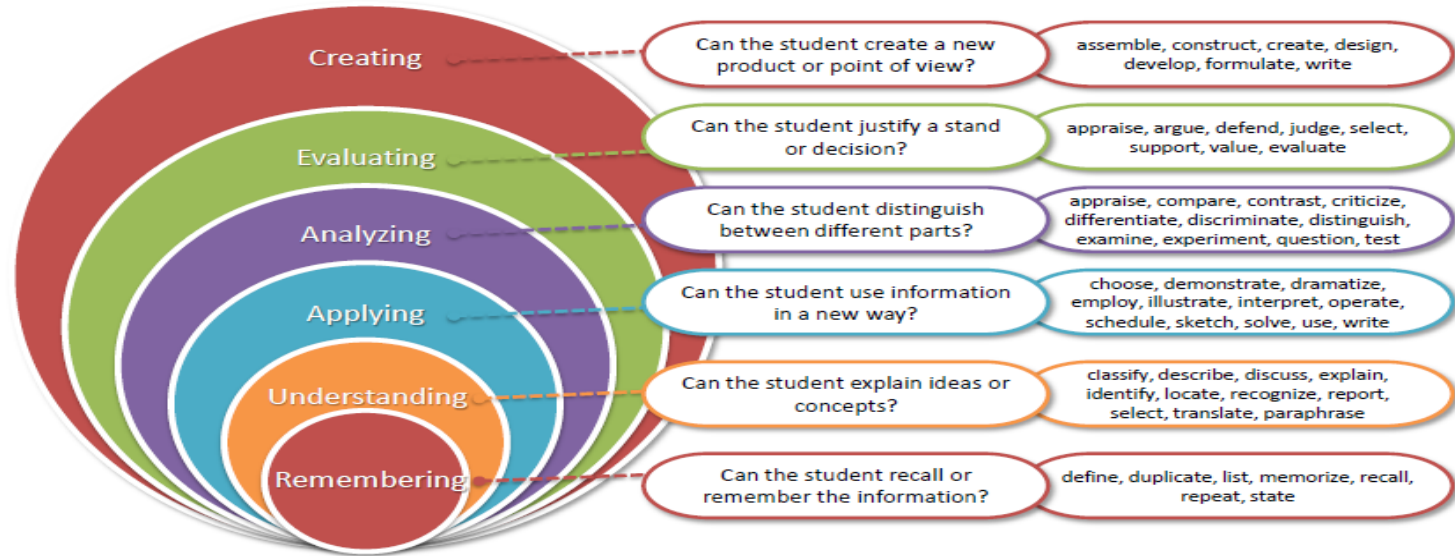
Strategies described by the Learning Scientists



Content by Yana Weinstein (University of Massachusetts Lowell) & Megan Smith (Rhode Island College) | Illustrations by Oliver Caviglioli (teachinghow2s.com/cogsci)
Funding provided by the APS Fund for Teaching and Public Understanding of Psychological Science

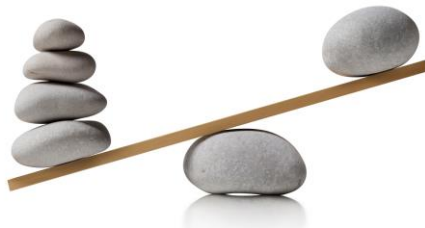
Bloom's Taxonomy - The best way to reinforce recall and understanding is to test it with higher order tasks

Bloom's Taxonomy (Revised)

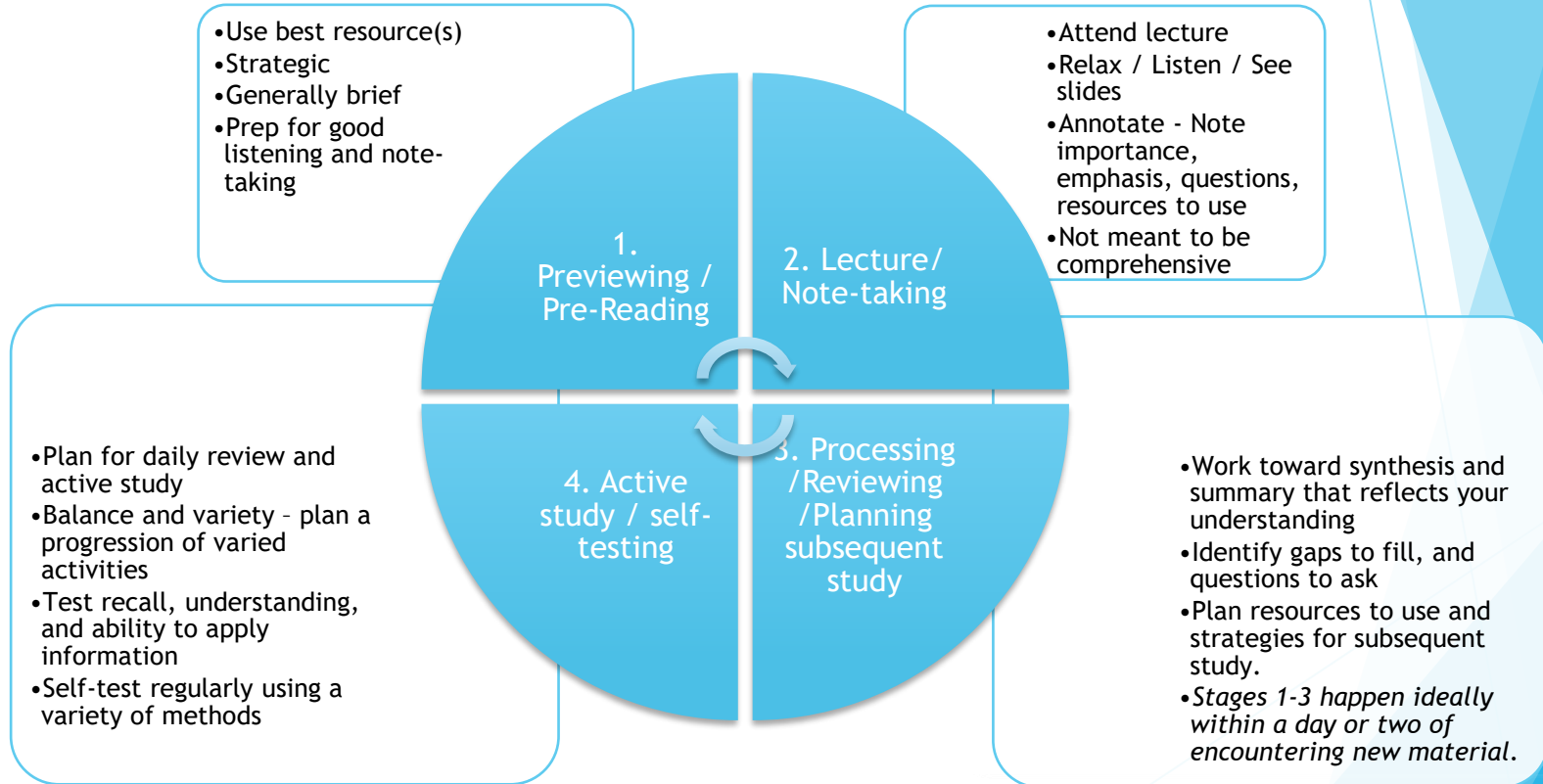


A shift in balance:

- ▶ *From* - labor intensive “front-end” work building a full outline or study guide to then “go over” and review... the objective being to comprehensively study, study, study and then, later, test.
- ▶ *To* - more efficiently developing a foundation from which to begin a progression of active, practice-based, question-based study and self-testing as a *learning method* that then points to priorities for targeted review and study.



Adjusting the Study Cycle - *Planning for multiple passes working with material*



[illegible]

Main points of emphasis

- ▶ **Survey resources.** Make informed decisions about what to use, when to use it, and how to use it.
- ▶ **Plan your study time.** Commit to practices for periods of time. Build in breaks - rest, assess, plan what comes next.
- ▶ **Challenge yourself** and start testing yourself early and often - before you are ready. Use feedback to inform your study. Repeat.
- ▶ **Do more questions:** Always be on the lookout for questions! Identify best ways (and varieties of ways) to self-test.
- ▶ **Be Strategic in your Study.** Every time you study think about: Goal, Resource, Time, Plan for next time.





Good decision-making about AI use (or not)

- ▶ Should you use AI tools as part of your study practices?
- ▶ If so, how can you go about doing so ethically and with transparency?
- ▶ If so, what are the best ways to do so, and what functions contribute to learning?

2024 EDUCAUSE AI Landscape Study



Percentage of respondents (N=802) who report that their institution is:



Jefferson student perspectives

Fall 2024

196 students from College of Rehabilitation Sciences

	Varied student behavior
6%	use GenAI most or all of the time
50%	use GenAI some of the time
44%	do not use GenAI

	Need for training
25%	do not understand their responsibility for accuracy of GenAI.
59%	do not know how to indicate the use of GenAI.
26%	report not having resources needed to use GenAI for school.

Our advice

Review University policy
and program handbook

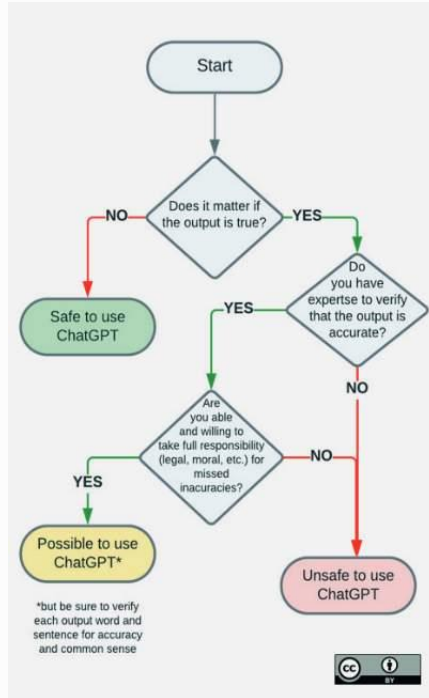
Know faculty guidance -
seek clarity if not in
syllabus

If used, always work
with a body of
information you trust -
course materials

If used, use in latter
stages of study, not
early

If used, actively use
critical thinking,
questioning and double
check everything
against course material

Decision-making framework



ChatGPT and Artificial Intelligence in Higher Education: Quick Start Guide by Emma Sabzalieva and Arianna Valentini, UNESCO, 2023. Flowchart by Aleksandr Tiulkanov, January 2023, p. 6.

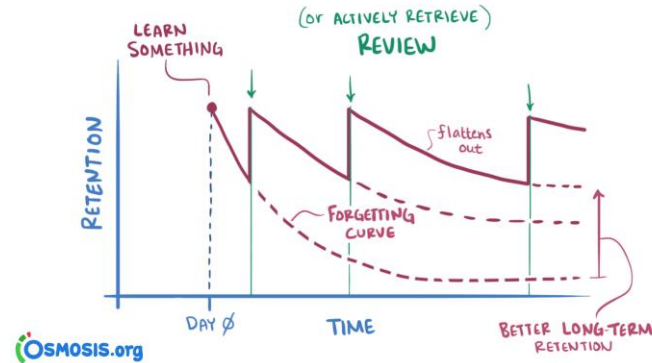
Questions:

- Is it permitted?
- Is it reliable?
- Will using AI in this way advance your learning?

We recommend that you only use Generative AI in situations where you can confidently answer “yes” to all of the above.

Study Strategies and Study Plans for incrementally building mastery depend upon good, thoughtful *time management*

- ▶ See your week - how much time for study do you really have?
- ▶ Explicitly plan your study time - write it out.
- ▶ Plan to effectively space out study - work with material for set times over different days.
- ▶ Avoid the need to cram - *cramming is not learning*



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- ▶ When you think about how you approach stages of the study cycle or active study - what has worked well for you and what adjustments have you made in your study practices?

Grace French - study strategy advice

- ▶ When first starting at Jefferson, I was meeting with the **academic success center!** This was very helpful in the transition from undergraduate to graduate level demands for classwork and studying. Meeting with Jim was beneficial in organizing my thoughts, priorities, and “plan of attack” for where to start my studying. I have always been a poor test taker and run through exams very quickly without fully reading questions- this would cause me to miss key words such as “EXCEPT” or “select ALL that apply”. I have also worked with Jim on test taking strategies that have improved my performance on exams greatly.
- ▶ **Previewing information:** I upload slide decks into notebookLM and it generates an AI podcast as an overview of information. Podcasts are usually between 10-20 minutes and I listen to these in the morning when getting ready for school, while I meal prep for the week, or while I am driving to the train/ work. These help with previewing and reviewing information in a more relaxed manner!
- ▶ **Notes during class:** I use a color code system while taking notes in class to help organize information. Pink highlights are for information that is stressed heavily, important information, or if we are told it will be on an exam. Yellow highlight is for supporting information that helps make topics a “big picture”. Blue highlight is for information that I feel is important/ things I need to go back and spend more time on to understand better. Green highlights are for topics I do not understand or have a question about and will need to ask a professor for clarification.
- ▶ **Note taking app:** I use Notability to take all my notes. This app also auto generates daily quizzes based on the slide deck and handwritten notes! The quizzes are 20 questions, and provide rationale based on your notes for the correct answer. Notability also provides short summary overview of information on each slide deck that is quick to glance over. I normally do these quizzes during our lunch break because they are quick, and it starts the self-testing process early.
- ▶ **Home study:** For classes that are more anatomy-based, I use Netter anatomy coloring books! There is a general anatomy, Neuro, and cardio coloring book that I have used and love! These are detailed anatomy books where the right hand side is coloring and the left hand page gives definitions and descriptions. This is another “laid back” way of studying. The coloring book descriptions are straightforward and short, making it a very easy read, and the information is a summary of topics we have discussed in class.
- ▶ **Home study outlining information:** I do short outlines of slide deck information covered in class where I pull the main idea topics, and information I have trouble understanding. I use this as a master study guide for exams to see which topics were covered and some corresponding information. This can help me see which slide deck/ topic I need to spend more time on and point me where to specifically find more information on that topic.
- ▶ **Early self-testing:** This made me uncomfortable in undergrad! I did not like the feeling of getting questions wrong, so I would avoid self-testing until the day before an exam. Now, I use ChatGPT with the prompt “make me 50 graduate level multiple choice questions based on this information”, and I upload my running outline for that class. This helps me practice with test taking skills, and to see which topics I need to spend more time studying.
- ▶ **Smart studying:** It is important to take breaks while studying! I have also learned how to be more “in tune” with myself and realize when a study session is no longer benefiting me. I generally take breaks every 2 hours or so when studying and go for a walk, cook a meal, watch an episode of a show on TV, get some chores done, etc. After a longer break I can come back more refreshed!
- ▶ **SLEEP!!** : I know I am more of a morning person then a night owl, so I prioritize getting into bed no later than 10 pm. I will not study later then 9 pm, so that I have some time to relax before bed. I prefer to wake up early and study in the mornings- but that’s just what works for me! Prioritizing sleep has been VERY helpful in my classroom and exam performance!
- ▶ **Summary notes:** As I typed this out it seemed like a lot to take in, and I was in those shoes a year ago when starting at Jefferson! But as you get into a groove it becomes much easier to manage. I have found that it is important to have multiple avenues to explore/ engage with material. Studying does not have to be high stress- which is why I like doing the notebookLM podcasts, watching Njnja nerd videos, and Netter coloring books! It is important to have more efficient studying to have a better balance between school and time to yourself.

Student Panel - Q and A



Let's Talk about Remote or Online Learning

Learning online via synchronous and asynchronous instruction and materials requires a number of adjustments

A thoughtful, strategic approach to both Time Management and Active Learning is so important to adjusting well.



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Adapting Strategies for Online Learning

- ▶ Survey your resources / Explore your courses
 - ▶ Build awareness
 - ▶ Know what to expect - and what is expected of you
 - ▶ Identify ways to communicate with faculty and peers



Adapting Strategies for Online Learning

- ▶ Plan to get and stay organized
 - ▶ Time Management
 - ▶ Make your time visual
 - ▶ Plan for activities in time frames
 - ▶ Build routines that work for you
 - ▶ Plan for each class - (processing new material and practice with previous material)
 - ▶ Plan for both study success and health and wellbeing



Adapting Strategies for Online Learning

▶ Establish Good Study Routines

- ▶ Environment
- ▶ Schedule / routines
- ▶ Variety and Balance
- ▶ Reduce Distractions
- ▶ Take Breaks
- ▶ Communicate to set up what you need for good learning



Adapting Strategies for Online Learning

► Keep your Learning Active

- Plan for each stage of the study cycle, for each course (more to follow on the Study Cycle)
- Incorporate active study at each stage
- Plan to benefit from spaced repetition and self-testing
- Active study is efficient study



Adapting Strategies for Online Learning

- ▶ Collaborate & Connect
 - ▶ Connect with Classmates
 - ▶ Connect with Faculty
 - ▶ Connect with Tutors
 - ▶ Connect with academic support



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- ▶ Any advice for asynchronous learning or use of online resources?

Student Panel - Q and A



Key Takeaways

- ▶ Know your resources
- ▶ Set up good study environment(s)
- ▶ Explicitly plan your time
- ▶ Study actively in planned chunks of time
- ▶ Connect, communicate and collaborate
- ▶ Use all available resources
- ▶ Pay attention to your wellbeing



Time Management Strategies



A question for chat



What time management
resources or tools do you find
effective / useful?

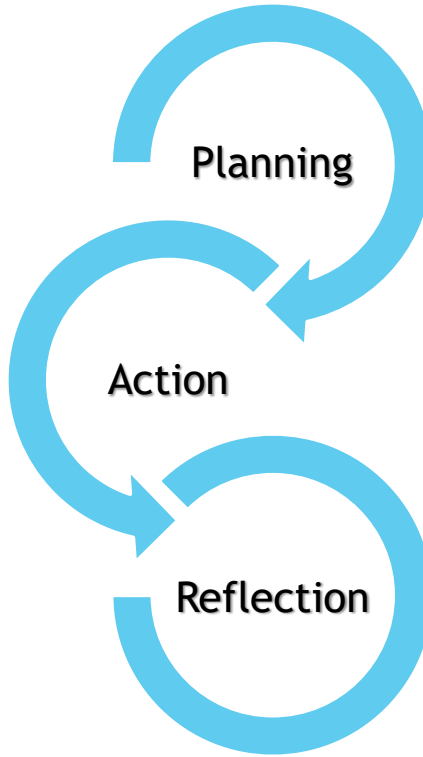
Getting Organized and Studying Efficiently

Goals:

- ▶ Discuss strategies for efficient time management (especially given the challenges of remote / online learning)
- ▶ Detail ways to make your time visual and plan your week and day



Time Management is a Process of Mindful



The Purpose of Managing Your Time is...

...absolutely about being able to get more done in the time available to you...

...but NOT solely about getting more things done: it's also a tool to minimize stress...

...and help you live your life more like how you want to — not just fit more stuff into it.

The First Step: Make Your Time Visible!



Three Levels of Organization

► Semester

► Week

► Day

Daily Schedule			
			5
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10:00			
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Weekly calendar							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
Noon							
1:00 PM							
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6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							
10:00 PM							

www.albuni.ca

31	September	1	2	3	4	5	6
7		8	9	10	11	12	13
14		15	16	17	18	19	20
		22	23	24	25	26	27
28	Start Paper	A&P Quiz					
5	Start Report		October	1	2	3	4
	Lab Quiz						
12		13	14	15	16	17	18
19		20	21	22	23	24	25
26		27	28	29	30	31	November
2		3	4	5	6	7	8

Semester Calendar

- ▶ Key due dates (exams, papers, etc.)
- ▶ Start dates to projects
- ▶ Other important obligations
- ▶ Extra-curricular life events (holidays, family visits)
- ▶ Create your own deadlines as needed!



31	<i>September</i>	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	<i>October</i>	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	<i>November</i>	1
2	3	4	5	6	7	8	

31	September 1	2	3	4	5	6
						<i>Taste of the Neighborhood!</i>
7	8	9	10	11	12	13
14	15	16	17	18	19	20
				Bio Chem Exam		
21	22	23	24	25	26	27
	Start Paper	A&P Quiz				
28	29	30	October 1	2	3	4
	Start Report			Pharm Exam		Away in DC
5	6	7	8	9	10	11
	Lab Quiz			A&P Exam		
12	13	14	15	16	17	18
	Bio Chem Exam	A&P Quiz	Report Due!			Family in Philly
19	20	21	22	23	24	25
		Immun. Exam		Pharm Exam		
26	27	28	29	30	31	November 1
					Paper Due	
2	3	4	5	6	7	8

Short-Term Planning: See Your Week!

Fill out your weekly grid with:

1. Requirements (synchronous class components and other committed time)
2. Blocks of time for important activities that may be non-school related (meals, exercise, work... sleep!*)
3. Identify your windows of opportunity for study for each day
4. Plan a progression of activities for targeted courses (New material and Review)

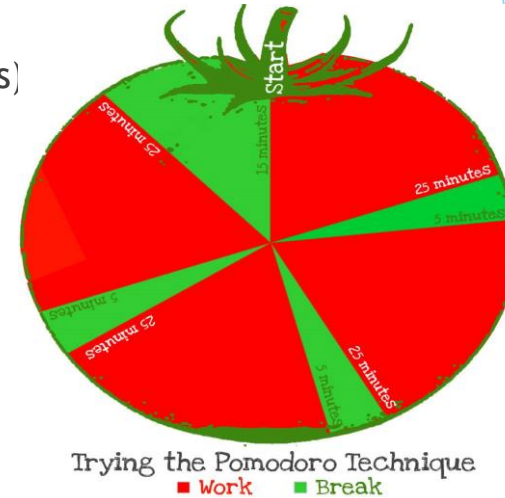
*Remember to think about when you will get up in the morning and go to bed at night!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	To Do List
6-6:30								
6:30-7								
7-7:30								
7:30-8								
8-8:30								
8:30-9								
9-9:30								
9:30-10								
10-10:30								
10:30-11								
11-11:30								
11:30-12								
12-12:30								
12:30-1								
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1:30-2								
2-2:30								
2:30-3								
3-3:30								
3:30-4								
4-4:30								
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5:30-6								
6-6:30								
6:30-7								
7-7:30								
7:30-8								
8-8:30								
8:30-9								
9-9:30								
9:30-10								
10-10:30								
10:30-11								
11-11:30								
11:30-12								

Daily study plan - detail what you will do with blocks of study time

► Plan:

- Progression of activities (and courses to address)
- Variety of activities
- Time for each activity
- Breaks in between
- Adjust as needed while keeping to general priorities
- Keep a record of what you do... and what you most need to work on



If procrastination is an issue...



- Procrastination is not the result of lack of will...
- Try to notice factors that lead to procrastination
- **Do not dwell on finishing, but rather starting**

Understanding Procrastination - and what to do to get started...

- ▶ <https://weingartencenter.universitylife.upenn.edu/com-bating-procrastination/>



Reflection Questions

“What goals did I accomplish today, or this week?”

“What worked well?”

“What didn’t work well?”

“What work didn’t I get done?”

“When can I next work with that material?”

“Why didn’t I have enough time to [study, socialize, exercise, etc.]?”

“What do I need to change in my schedule (or life) in order to accomplish this goal or find more balance?”

Student Panel – representing JCP, JCN, JCRS..

- ▶ Tanya Abillar, JCP '27
 - ▶ Rawan Omer Abuelgasim, JCP '27
 - ▶ Tamjeed Sikder, JCN FACT 1
 - ▶ Grace French, DPT (written advice)
-
- ▶ Please share advice about time management - and specifics of any resources you use, or adjustments you have had to make, etc...

Student Panel - Q and A



Some takeaways about Time Management

- ▶ See your time - make your time visual and be realistic about how much study time you have each day, each week.
- ▶ Plan your time - you will likely have to explicitly plan your time, and especially your study time, more than you ever have needed to before.
- ▶ Be flexible and be willing to make adjustments as needed
- ▶ Think about how much time to give to each activity in a progression of activities

Test Preparation and Test-Taking Strategies



Jefferson

Thomas Jefferson University
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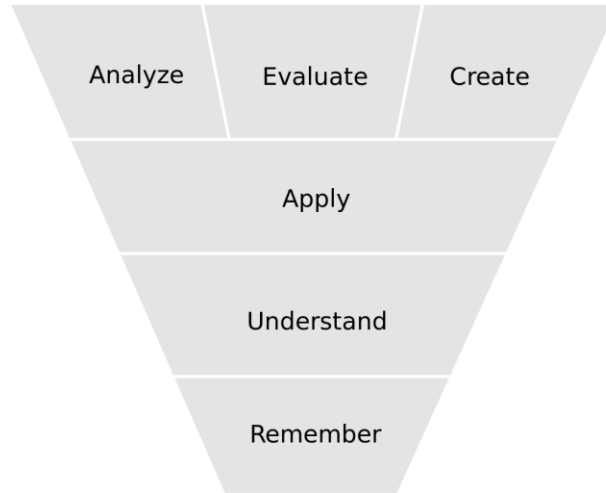


Study Strategies - Test Preparation

- ▶ Exam preparation leads to performance
 - ▶ ...and this prep highlights the TM and AS strategies we have been discussing
- ▶ Study subjects at regular intervals every week
- ▶ Use **active** study techniques that involve answering questions and self-testing as early and as often as possible
- ▶ Do more questions - and use feedback to guide targeted review

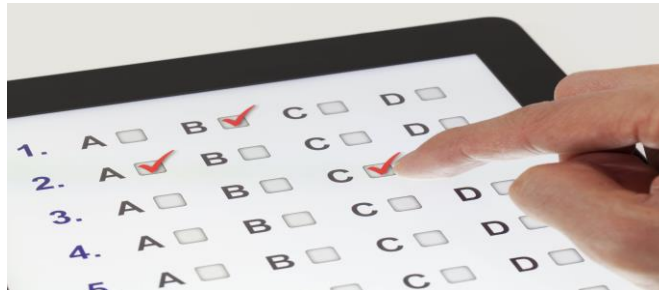
Types of Questions - What do I need to know... and how do I need to know it?

- ▶ Knowledge
- ▶ Comprehension
- ▶ Application
- ▶ Analysis



Test-Taking Techniques

- ▶ Multiple choice is about narrowing down your choices
- ▶ The goal is to narrow down as much as possible to the best answer
- ▶ Prepare to choose from several closely related answer choices.
- ▶ Always think - “What is this question asking? What is being tested here?”



Overview of an approach to complex MCQs

Read the last two sentences of the stem first. What kind of question / what is being asked?

Briefly preview answer choices

Then read the whole stem carefully, noting keywords and details. (Use highlighting and scratch paper...)

Pause to think, simply, in one sentence, what the question is asking. Try to anticipate answers.

Proceed to a thoughtful, precise comparison of each answer choice - don't be too quick to go to a pre-determined choice, but don't overthink either. Be deliberate.



Test-Taking Techniques - Key Words to notice

- ▶ Identify key words in the stem that indicate negative polarity or that express an absolute (always, never...)
- ▶ Identify key words in the stem that set a priority
- ▶ Identify clues in the stem
- ▶ Identify specific determiners (only, for example)
- ▶ Identify opposites in options
- ▶ Identify equally plausible or unique options
- ▶ Identify duplicate facts among the options

- ▶ Use scrap paper to make note of key words or essential information as you are reading the stem.

- ▶ Anticipate answers before going to answer choices

Exemplify strategies

- ▶ Pace - keep up a good pace, but don't worry if some questions take a bit longer or if you need to read twice. Use practice and prior experience to assess how much time you need. Check in on time at spaced intervals.
- ▶ Flagging - flag after giving a question a good, thorough attempt; flag questions you would benefit from doing in a second pass. Don't over flag.
 - ▶ Maybe return to flagged questions after doing a few "easier" questions (see chunking below). Don't save all flagged questions until the end.
- ▶ Often a good practice to chunk the exam into manageable sets of questions - 10, 15, 20? Do them with purpose and then pause and give any flagged questions a second attempt. Then move on to the next section of the exam.
- ▶ Use scrap paper to note key words or important information about the questions.
- ▶ Use features (if comfortable) for striking choices, etc.

During the exam - The question of second-guessing

- ▶ General rule of thumb - Don't Overthink or Second Guess!
 - ▶ When you return to questions, give them a second attempt and start from step 1.
 - ▶ Plan to not change answers unless you clearly shift to preferring another answer for a specific reason.
 - ▶ Do not change answers if you are still wavering.
 - ▶ When in any doubt, the odds generally favor sticking to your first response.
- ▶ Remember, generally speaking:
 - ▶ Questions are as straightforward as they seem
 - ▶ Your first thought is often right



After practice, engage in error analysis

- ▶ After practice, analyze why you missed questions or struggled with others... and analyze what questions are testing and how they test learning objectives...
- ▶ As you analyze, try to practice elaboration or extension - imagine how the question would need to change for other answer choices... imagine how else questions could be asked about the same topics...
- ▶ As you practice, try to identify patterns of answer choices you get wrong and identify why you may be choosing as you do
- ▶ Systematically review practice tests to identify questions you consistently get right and why you miss questions you get wrong - have results inform study and practice
- ▶ Document your progress with self-testing - refer back regularly to plan study and exam review - Set up a simple spreadsheet
 - ▶ Questions answered
 - ▶ Topics covered
 - ▶ Why missed
 - ▶ Learning targets revealed

ERROR ANALYSIS TABLES (“WHY I MISSED IT” SHEETS)

QID	Topic	Why I Missed It
ScholarRx 42818.4	Pathology of myocardial infarction	Didn't remember relevant order of events (content)
ScholarRx 1980.14	Etiologies of anemia	Misinterpreted lab values
ScholarRx 3651.17	Leukocytoclastic vasculitis	Didn't pay attention to pertinent negatives
ScholarRx 43200.1	Translocations in lymphomas	Clicked the wrong bubble



Dealing with stress

- ▶ Find a relaxing activity to do the day before or day of exam
- ▶ Get good sleep the night before
- ▶ Avoid cramming the day before or day of exam - best if prep has been ongoing
- ▶ Have everything ready the evening before... make the morning easy
- ▶ Expect some anxiety or stress or nervousness - it is normal, and can help provide a positive edge. How we perceive and think about stress does affect our experience of it.

Dealing with stress - Remember the Ps



Preparation - regular study that avoids the need to cram



Practice - preparation that truly prepares for ways you will be assessed



Positivity - Focusing Self-Talk



Physical cues - posture, breathing, muscle relaxation



Pace - maintain a good, steady pace, but allow for some variation. Ignore what you think the pace of others might be



Patience and persistence

Student Counseling Center (SCC)

- ▶ Just about everyone feels some stress on test day - it is normal and can be seen as positive! But in some cases, too much anxiety can interfere
- ▶ Stress and anxiety should not inhibit your performance—help is available.
- ▶ SCC counselors are available to provide the assistance and guidance students need to achieve personal and academic success.
- ▶ All concerns are taken seriously — no problem is “too small” to talk about.
- ▶ (215) 503-2817; 833 Chestnut St. Suite 230

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-
- ▶ Please share any advice you have about test prep, and test-taking strategies

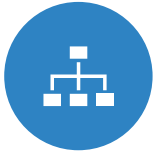
Student Panel - Q and A



Resources - Use them



Resources - Program, department, course...



ADMINISTRATION



FACULTY



TUTORING



BIG SIBS



OTHER UPPER-
YEARS




PEERS



STUDY GROUPS



SOCIAL MEDIA
GROUPS



Use available resources – across campus

- ▶ Center City:
 - ▶ Center for Academic Success:
www.jefferson.edu/studentsuccess
 - ▶ Library: <http://library.jefferson.edu/scott.cfm>
 - ▶ Student Counseling Center:
<https://www.jefferson.edu/university/academic-affairs/counseling-center.html>
 - ▶ Office of Student Life and Engagement (events and student orgs): <https://www.jefferson.edu/university/student-life-engagement.html.html>
 - ▶ Jefferson Wellness Tips:
<https://www.jefferson.edu/coronavirus/wellness-tips.html>
- ▶ Jefferson Division of Student Affairs Canvas page (with links to range of services):

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-
- ▶ Please share any advice you have about using resources to support learning or wellbeing... or for any other purpose
 - ▶ Do you have any other advice - about anything?

Student Panel - Q and A



Questions you most want to discuss today

- ▶ Time Management, Study schedules, Amount of time for study...
 - ▶ Focus, avoiding procrastination
 - ▶ Work / Study / Life Balance
- ▶ Efficient study practices
 - ▶ Differences/adjustments needed to transition from UG to G
 - ▶ Active study
 - ▶ Efficient note-taking, reading strategies...
 - ▶ What to expect of classes (demands and requirements)
 - ▶ Group study
 - ▶ How to learn deeply and retain information
- ▶ Resources for support
 - ▶ Mentors, tutoring, faculty office hours...
 - ▶ Accessibility services
- ▶ Test Prep and Test Taking
 - ▶ Strategies for test-taking, dealing with anxiety...
- ▶ Other: Maps / getting around campus, networking for leadership, activities...

Please complete a brief evaluation

- ▶ We highly value your feedback and will use it to guide future programming.
- ▶ Thank you for participating today and good luck in your studies!
- ▶ <https://www.surveymonkey.com/r/BSPWVJS>



Center for Academic Success

www.jefferson.edu/studentsuccess



Strategic Academic Support Consultations

Time Management

Study Strategies

- Learning large amounts of information
- Strategic study across the study cycle
- Active study strategies
- Effective and strategic reading, listening and note-taking
- Exam Preparation and exam taking



Writing Consultations @Student Writing Center

One-on-One Consultations

Online Writing Review

www.jefferson.edu/academic_support

www.jefferson.edu/student_writing



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