

LC-DC Podcast Episode 3: Exam Prep with Sam

Show Notes

Host Bios

Sam is a submit-a-draft tutor in the Douglas College Learning Centre. He studied at Douglas for two years, before transferring to UBC, where he is in the third year of his degree as a psychology major with a minor in education.

Ryan is a faculty member in the Douglas College Learning Center.

Episode Summary

Sam shares his tips for exam and test preparation, starting with how far in advance to begin preparing and what to do. Sam highlights the benefits of what he calls “passive studying”, which is repeated exposure to the learning material whenever you have a few minutes to spare (ex. while on the bus or waiting for an appointment). This helps prevent the need for cramming right before the exam.

Sam shares his strategy for avoiding distractions and the benefits of taking some extra time at the start of the semester to get organized. For more in-depth “active” study sessions, Sam recommends identifying times when you have the most mental energy (ex. first thing in the morning). Sam then talks about how to identify the best study spot by finding a place that is comfortable but not distracting.

Sam outlines his strategy for identifying the most important study material through “backwards inference” – asking questions about how the material relates to the field of study, course learning objectives, and key concepts. He stresses the importance of learning to understand, rather than just trying to remember everything.

Sam and Ryan then discuss how to study for an exam, which depends on the subject, the types of questions, etc. Sam suggests self-testing to ensure that you're using your study time effectively and again stresses the importance of not cramming.

Finally, Sam covers ways to cope with test anxiety, what to do and bring on the day of the test, and how to take care of your body and mind so that you can consistently perform at your best.

Resources

The Learning Centre website has a ton of study skills resources. For help with exam prep check out the following:

[Test Taking Resources](#)

[Improving Concentration](#)

[Stress Reduction Strategies at Crunch Time](#)

What Next?

Book an appointment with a Learning Centre tutor through [our online booking system](#)

Follow the Douglas College Learning Centre on Instagram @dclearningcentre

If you liked this episode, subscribe, rate, review, and share it with your classmates!

Thanks for listening!