



THE HONG KONG
POLYTECHNIC UNIVERSITY
香港理工大學



Student Affairs Office
學生事務處

Learning Enhancement Series

Workshop 2021/22

Effective Exam Preparation Skills Workshop

Intended Learning Outcome

By the end of this workshop, you would be able to:

- Identify your own learning style
- Describe effective revision techniques
- Summarize tips to deal with examination stress



Common Difficulties

Choose one statement, which can apply to you:

1. I often feel frustrated during the examination period.
2. I spend a lot of time on revising but the result is not good.
3. I am not sure if my techniques are efficient.
4. I start to revise until the last minute.





Common Difficulties



➤ **I often feel frustrated during the examination period.**

You don't have an effective and efficient system of revision.
Your memory strategies may not be the most effective for
you.

- **I spend a lot of time on revising but the result is not good.**

Your revision may be without a proper focus and plan of campaign. You may not know how to prepare for revision.

➤ **I am not sure if my techniques are efficient.**

You get fixed in a particular type of revision style and no one has told you how to revise effectively.

➤ **I start to revise until the last minute.**

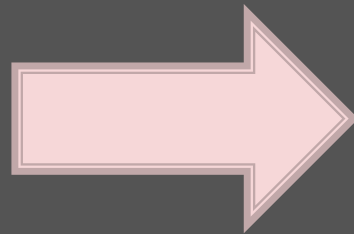
Your time management needs improvement!

Share in the chat box

**What do you do for exam preparation?
(share one method)**

*No right or wrong
Everybody learns differently*

Find the best techniques for you!



Learning styles (VARK)

Learning Styles



Visual learners
(V)



Auditory
learners (A)



Read/Write
learners (R)



Kinesthetics
learners
(K)/Hands on

Learning styles (VARK)

- Have a strong preference for seeing information and like to write things down

Visual
learners



- Learn better when the information is heard. They may need to talk to someone to help them remember things

Auditory
learners



- Learn better when information displayed as words.
- They may prefer text-based input and output reading and writing in all forms.

Read/Write
learners (R)



- Are hands-on learners and they like to be involved with the physical environment around them. They need motivation to learn and enjoy moving and activities that allow them to touch and manipulate things.

Kinesthetic
learners (K)



You can test your learning style after the workshop

Centre for Language in Education/ EDUHK





<https://polyu.hk/hpbAf>



DIFFERENT LEARNING STYLES

& tips for teaching

VISUAL

LEARN BY SEEING

- Charts, Graphs
- Graphic organizers
- Lesson outlines
- Picture aids
- PowerPoints

AUDITORY

LEARN BY HEARING

- Read-alouds
- Listening centers
- Verbal instructions
- Discussions
- Repeat to a friend

READ/ WRITE

LEARN BY READING & WRITING

- Books & texts
- Dictionaries
- Note-taking

KINESTHETIC

LEARN BY DOING

- Incorporate body movement
- Tactile- touch, feel
- Hands-on!



Productive Revision Techniques

- Identify your own learning style
- Keep using the techniques which work well (good result) for you and make changes on the others (poor result)
- Useful techniques could develop a productive revision habit

“People generally remember

- 10% of what they read,
- 20% of what they hear,
- 30% of what they see, and
- 50% of what they see and hear.”

(L. Shams & A. R. Seitz, 2008)

Effective Revision Techniques

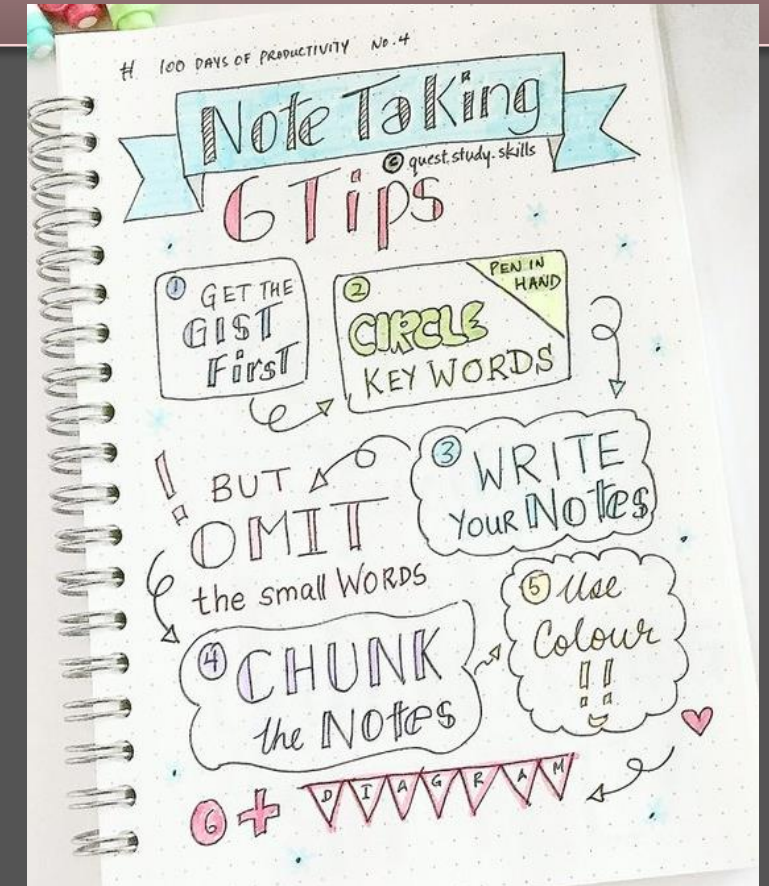
1. Develop a habit of note-taking
2. Use diagrams or tables
3. Improve memory skills
4. Time management





1. Six Tips for Note-taking

1. Get the gist first
2. Circle the key words
3. Write notes to key questions
4. Chunk the notes
5. Use different colors
6. Use diagrams or tables



2. Use Diagrams or Tables

Using diagrams or tables can help you to:

- Recall information and review the key concepts
- Summarize information to compare with different viewpoints
- Improve your understanding of a topic

➤ For example:

1. List different methods in the first column;

2. Then in the second and third columns you can write the advantages and disadvantages

Concepts	A	B
Advantages		
Disadvantages		

3. Improve Memory Skills

1. Remember information through association
2. Encode your study into long-term memory by elaborating and rehearsing
3. Develop cues when storing information
4. Relate new information to things you already know
5. Review material before going to sleep



Creating
Mind Maps

Listing the
keywords

Embracing
multisensory
experiences

Combining learning
with rhymes and
songs

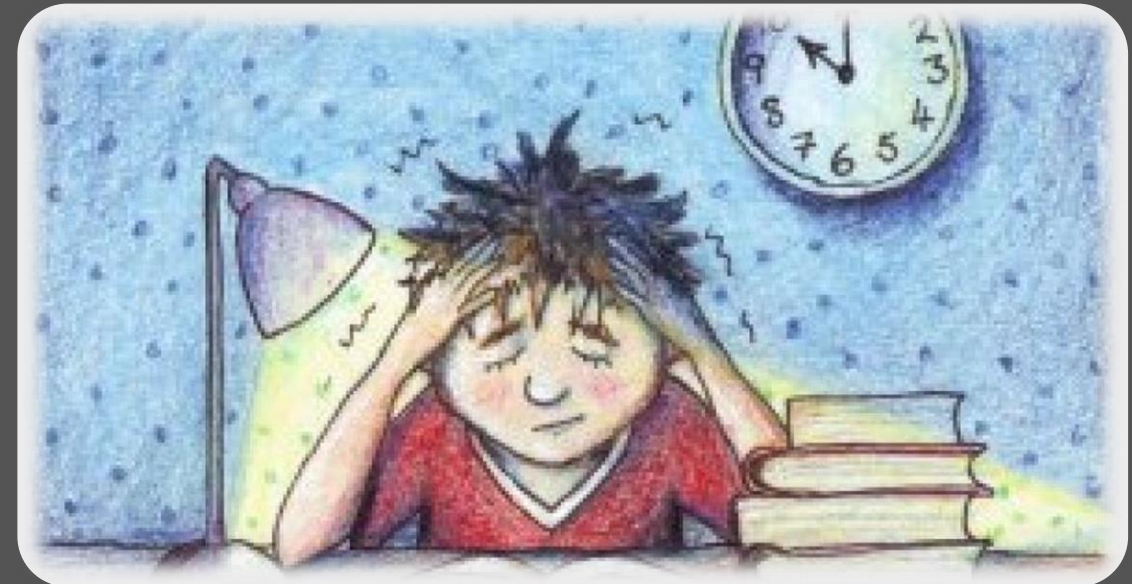
Using real life
examples

Asking
Questions

Handle Stress and Anxiety from Exams

Exams can bring some degree of stress and burnout that can affect your studies:

- Difficult to concentrate
- Struggling to sleep
- Getting headaches or feeling unwell
- Worried about your exams



Ways to Feel Calm

- Take a deep breath
 - Take 5 deep breaths in through your nose and out through your mouth
- Listen to music
- Exercise
- Talk to someone
 - Friend/ Family Member/ Student Counsellor (SAO)

Tips for Handling Stress from Exams

- Set realistic expectations
- Take breaks throughout the day
- Express your feelings instead of bottling them up
- Set a healthy balance between work and leisure time
- Focus on one task at a time, rather than trying to do multi-tasks



How to tackle the challenges?





➤ **I often feel frustrated during examination period.**

- You don't have an effective and efficient system of revision. Your memory strategies may not be the most effective for you.

**Find your own
learning style first**



➤ **I spend a lot of time on revising but the result is not good.**

- Your revision may be without a proper focus and plan of campaign. You may not know how to prepare for revision.

**Learning Style &
Effective Revision
Techniques**

➤ **I am not sure if my techniques are efficient.**

- You get fixed in a particular type of revision style and no one has told you how to revise effectively.

**Effective Revision
Techniques**

➤ **I start to revise until the last minute.**

**Your time management
needs improvement!**

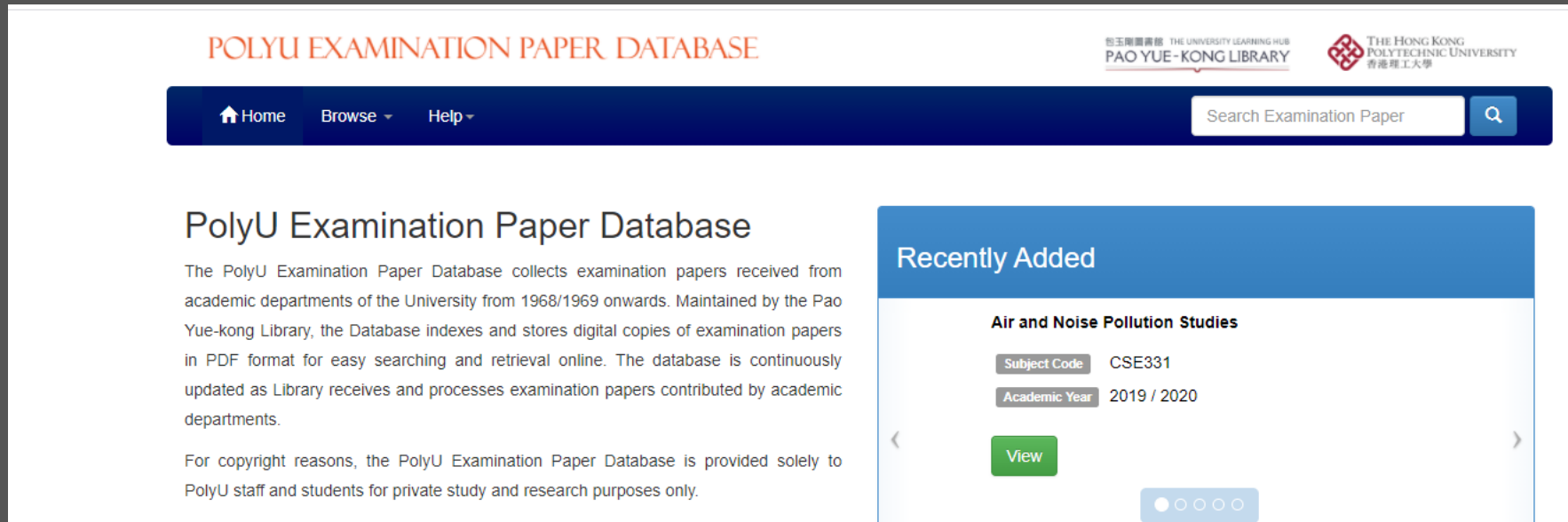
**Time Management
(skills/workshop)**



Top 10 Misguided Techniques for Exams

1. Not looking at the last test
2. Cramming
3. Reviewing
4. Studying alone
5. Memorizing
6. Not getting enough sleep
7. Always relying on resources when you get stuck
8. Re-doing psets (problem sets) without understanding the concepts
9. Reviewing everything rather than just the stuff that needs your attention
10. Doing more of the same thing that didn't work last time

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Subject Code CSE331

Academic Year 2019 / 2020

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Thank
you!!

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