**Cramming:**

Although you've been told to avoid cramming (last-minute memorization), there are times when you're left with no other choice. Here is information on how to cram.

**For students who have *worked hard all semester* but now have three exams in
five days with only an evening to review already learned material:**

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| **TRY** | Writing out a course summary. |
| **WHY?** | Reviewing the structure of the course will help you remember, comprehend,and retain the material. |
| **TRY** | Working through notes and assignments. Skim the text. |
| **WHY?** | This is the best way to set priorities for the time that you have. |
| **TRY** | Staying calm and confident! |
| **HOW?** | Take breaks in your studying, get at least 6 hours (preferably 8) of sleep, andremind yourself that working hard all term really pays off! |

**For students who've *slacked off* and are now in justifiable panic*:***

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| **TRY** | Gathering information about what is likely to be on the exam. |
| **HOW?** | Find out which chapters in the text were covered; get a set of course notes tocopy (return them); ask the Instructor what topics were emphasized. |
| **TRY** | From the information gathered, determine principal themes, sub-topics, andmajor illustrations. Now memorize them! |
| **WHY?** | Repetition is the key to memorization. Use every trick you can -- wordassociation, rhymes, lists, sentences from acronyms. |
| **TRY** | Be selective. After memorizing major themes, decide what supporting material toconcentrate on. You're more likely to remember a narrow range of materialcovered in depth. |
| **HOW?** | Skim the text if there is only one, or skim only chapters that seem emphasizedfrom your information gathering. If there are many texts, pick two to concentrateon. Take time to review what you've covered. |
| **TRY** | Be kind to yourself. |
| **HOW?** | Get at least 6 hours of sleep. If you have an exercise program, stay with it, anddon’t forget to eat well! Finally, record the pain of this experience in a letter soyou won't repeat it! |