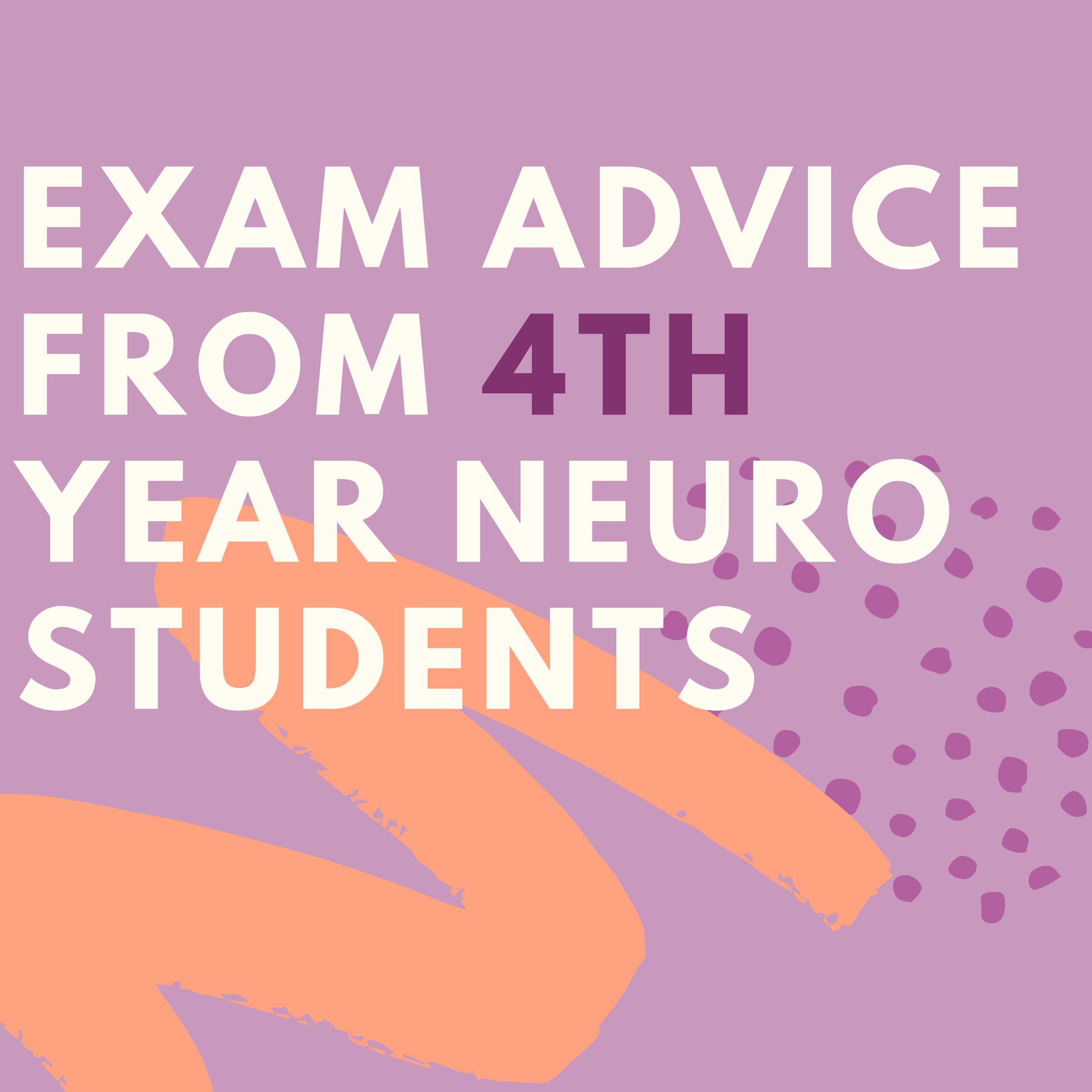


**EXAM ADVICE
FROM 4TH
YEAR NEURO
STUDENTS**

The background features a light purple color with several large, overlapping orange brushstroke-like shapes on the left side. On the right side, there is a pattern of small, dark purple dots of varying sizes, creating a textured effect.

Plan ahead! I can't stress this enough. If you know you have 5 exams within a week and a half, you need to start studying earlier than your friend who has 2 exams. Get your assignments done earlier and then go into exam mode. By starting earlier, you're setting yourself up for success and relieving some exam crunch stress!

If you're having troubles understanding a topic from the textbook, try and find a video that explains it! Auditory information can improve your memory for a specific concept

Make condensed notes. Don't write down every last detail from the slides. Try and implement what your professor said during the lecture to enhance the information on the slides

Take breaks and don't feel guilty! Your brain needs time to consolidate the information and you don't want to burn yourself out

Go into the exam with confidence. Trust yourself! You've prepared and studied hard, so don't second guess yourself too much

- Kaelen Watters

I usually try to delete all my social media apps to eliminate distraction!

I take regular breaks as well (to grab a coffee or to go for a walk) and I find it really helps refresh my mind a bit

If you have multiple exams in a row and you're really stuck on a class, change to studying for other exams that are close by - it's a good way to keep studying but not drive yourself crazy on one subject

If there is one thing I've learned 4 years in its that SLEEP IS SO IMPORTANT. Even if it's a quick nap. People who know me would laugh because I never slept for the first 3 years and it showed!

- Kadie MacDonald

Try to figure out how to study for each class before jumping into it. Courses like chemistry, math, and physics usually require a lot of practice so you need to give yourself enough time to work through all of your topics. Bio and psych mainly require that you understand the information before trying to commit it to memory

Don't stress and stay flexible. Even professors have botched a few exams in their day. Typically you will learn exactly what type of studying works best for you as you move along in the years

A little grit goes a long way for challenging topics

I study in the Killam. There tends to be very few distractions which is the best work environment for me

- Gracious Kasheke

Cue cards are my go-to for almost any class. I do mine on paper cards but there are some great websites for making them online.
(They were key for cell neuro and neuro methods)

I re-listened to all of Dr. Stamp's lectures when I took her classes and made cue cards while doing it, it worked really well!

I go to the gym after an exam and before studying for the next one (unless I have two the same day), it helps me refocus and move on

- Liz Outhit

If you find yourself struggling with a specific class or topic within a class, try to start on the content early and take advantages of the help offered to you (meeting with professors, help sessions)

If you find yourself overwhelmed with a large amount of work, I recommend giving yourself a schedule (daily achievements and goals so you can see your own progress)

Don't be afraid to try new methods of studying, not everything can be studied the same way so if its not working for you try something else examples; que cards, practice problems, making a poster, idea webs, making charts, practice test, try to explain something to a person not in the program, rewriting notes

Classes to take to ease up your work load MUSC2024 (Guitar no you do not need to own a guitar or need to know how to play one), HPRO 4412 (Human Sexuality), HIST 2092 (Death, Sex, Gold roman era), ANAT 1010 (Anatomy),
* I would recommend taking one of these during your third fourth year if you feel particularly like you have a heavy course load

Classes I recommend taking: NESC2327(Drugs and behaviour with Borycz), PHAC3001,(Pharmacology),NESC3264 (The Science of Sleep), NESC 3775 (Behaviour lab)

I like to relieve stress by doing yoga.

- Evelyn Akow

It is really useful to draw out particular pathways, especially to practice doing it by memory. Some concepts this is useful for is the actions of hormones, the pathways leading to release of NT's or the activation of particular type of receptors such as protein kinases (This is especially useful for cellular neuro, cell biology and hormones and behaviour)

In general it is really useful to make concept maps to review what you know about a topic before you look at your notes or slides, this allows you to recognize what you already know and what to review

For multiple choice testing it is often most useful to eliminate answers you know can't be right, highlighting the reason, until there is only one response left. This allows you to avoid choosing an answer which appears right but which may not actually be right

In cellular neuroscience it is important to make sure you can differentiate between all the proteins especially ones which sound similar, because there will be questions with those proteins with similar names as the different options.

- Madison Presunka

Relax. You've been studying and learning all semester, you've written countless midterms, and finals are no different. They're just another test and you've got some experience in that now!

Obviously you know to study, but for those courses you just didn't have a good time with or didn't have time to study, just look at all the material you'll be tested on at least once. This way, even if you didn't have time to "learn" some parts, at least you'll have seen it! Then you will have a better chance at guessing or narrowing down the possible answers

One thing to remember is that finals are designed to give students more time than needed to complete. This means that even if you get anxious half way through writing one, you can almost take a little break! Take deep breaths and continue working away at the questions. You'll be surprised how much time you really have

Being confident in your abilities is essential. Believing in your past successes and knowing that you know the content will reduce stress a ton. What is there to be anxious about if you know you studied, you know what will be tested, and you know you have profs and resources surrounding you? I like mentally assuring myself that I know I'll be fine

Meditate/pray. Spending time in silence or any way you use to clear your mind from everything else can be really useful half way through a big study session. Even if you're cramming, allotting even just 3 minutes to stop and rest can actually benefit your attention and focus on the cramming!

Start allotting study times early. Consider your course grades for each exam and how much each exam is weighted. For example, if one exam is worth 50% and another is 25%, it makes sense to study a lot more for the 50% one, even if you feel you are slightly less prepared for the 25% one.

- Spencer Brown

Put your phone away and set a timer for how long you want to study for. Make it short enough that you can focus for the whole time. When the timer goes off have a 5 or 10 minute break and repeat again

Study on your own and then get together with friends in the class to quiz each other

- Sarah Harrison

A large, abstract orange brushstroke graphic that starts from the bottom left and extends towards the top right, partially overlapping the text area.

Switch up where you're studying. Personally, I don't always find I do my best studying at the Killam because I feel like I'm stuck in a medieval dungeon LOL

If you feel like you're becoming unfocused or not getting through much material, I've found it helpful to switch up the location where you're studying. For instance, I enjoy studying at the CHEB or the Tupper or even other coffee shops around the city that have an atmosphere more conducive to studying (and maybe have some natural light)

Rewrite out important concepts from the prof's lectures or do practice problems. This is very course dependent. If you're taking more of a problem

based or mathematical type course like physics or chemistry, I would recommend doing a bunch of practice problems so that on the final it almost becomes second nature to you of how you should approach solving the questions. If it's more of a theory based course, I'll go through the lecture slideshows and pick out important key concepts and rewrite them out by hand, which helps me to remember the concepts better and keeps my notes more succinct and to the point.

- 4th Year Student

Something I've found really useful is finding a separate study spot for different subjects, it helps get you out of the house and gets you in the mindset for that particular class. (I like the central library because the walk there gives me time to clear my head)

Having a group study after you've studied the material alone. Just talking through the topics can help to clear up anything you weren't sure about and teaching the things you understand well to your friends helps you remember it even better

Chunking up the material and then rewarding yourself after you get through a section (Peanut m&ms work especially well for me)

- Emily Keay