

Worried about Midterms? 11 Ideas to Help You Succeed

Change your strategy: Your first tests in a class are learning experiences; successful students will use the feedback they receive to evaluate their study strategies and proactively take steps to address their difficulties.

Ask for help: Seek help at the first sign of course-related problems. Don't wait (and wait and wait) until it's too late to fix the situation. Ask your professors and TAs for advice about how to address your difficulties.

Find a tutor: Individual tutoring available through the Center for Excellence in Teaching and Learning (CETL) is often helpful. Students can decide, in discussion with their tutor, how often the tutoring sessions will occur.

Evaluate your system: Working with a study skills counselor in CETL to identify more effective study strategies including when, where and how often to study can be very helpful. Successful students use different strategies for different subjects.

Unplug: Turn off the phone, stop texting, go away from your computer. No web surfing or playing games.

Buddy up: Find (or create) a study group.

Plan for success: Get a calendar, and use it to schedule time to study. Don't forget to schedule time for yourself as well.

Take a break: Recharge by doing what brings you joy.

Fuel up: Cultivate healthy habits. Get plenty of sleep, eat healthful foods, and get some exercise.

Find your happy place: It can be hard to study in a dorm room. Find several places on campus where you can focus and concentrate.

Release your inner geek: Get curious, and enjoy what you're learning. After all, that's why you're here at UR.