

Strategies for Studying & Test Taking





What kind of learner are you?

- It is important to understand what type of learner you are.
 - Visual
 - Auditory
 - Tactile/Kinesthetic (this one may be difficult in this type of class)
- Visual: Includes note taking, reading, drawing, flash cards, etc.
- Auditory: Includes videos (e.g YouTube), listening to PowerPoints, reading aloud

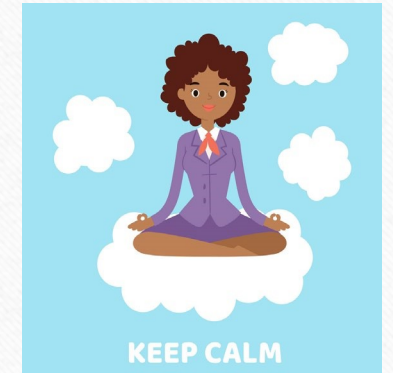




Study Environment

- Pick a comfortable spot to study
- The spot should include limited to no interruptions (except in a collaborative group)

- Have your resources you need to study with you (e.g. laptop, notebook, headphones/air pods)
- If able, limit text messaging, phone calls, FaceTime
- Take a break from social media during study time



Study Tools On the Go

e.g. Flash Cards, iPad, Handwritten Notes

These can come in handy during breaks, appointments, etc.

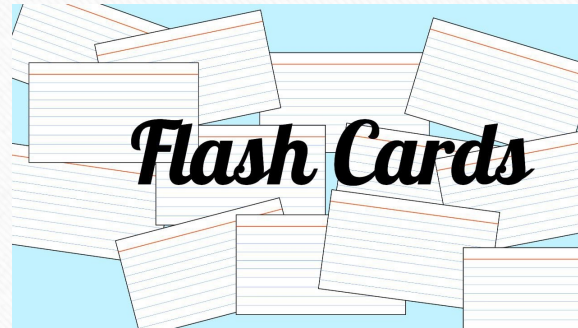
Great to help reinforce information

YOU CAN NOT “WING IT” IN THIS COURSE



FLASH CARDS

- Flashcards are your friends in these types of classes (they can be paper or electronic)
- Pathophysiology is a lot of information! • The idea is to not to MEMORIZE this information, but to understand how and why such disease



processes occur



DISEASE

PATHOPHYSIOLOGY

RISK FACTORS

CLINICAL MANIFESTATIONS

DIAGNOSTICS

NURSING INTERVENTIONS & PATIENT TEACHING

MEDICATIONS

POSSIBLE COMPLICATIONS



Time Management



- As an independent learner, you must commit to learning
 - Dedicating a certain number of hours within your weekly schedule to study is INFLUENTIAL to your success in the class

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aaaaaa

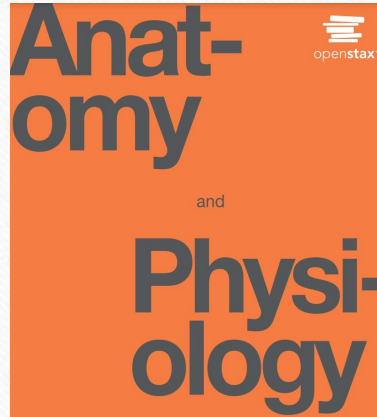
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Brushing up on A&P

- Especially in a class like pathophysiology, knowing the A&P is half the battle
- A&P helps connect the dots in pathophysiology

- Pathophysiology is very content heavy, therefore developing a study plan is



key to pass this class



Learning from your Weekly Quizzes

- Your weekly quizzes can help emphasize important aspects of each system.

- LOOK at what questions you answered incorrectly.
- Create notes
- Look up the CORRECT answer
- UNDERSTAND why you may have got the question wrong
- UNDERSTAND the CORRECT answer



Multiple Choice Examinations

- Studying and comprehension are important when taking exams, but so are strategies on HOW to take a multiple choice exam.
- Read the questions **carefully and entirely**. Make sure you understand what the question is asking.
- Helpful Hints:
- Answers with the following words are usually incorrect: **always, never, all, must**
- Answers with the following words are usually correct: **seldom, generally, tend to, probably, usually**
- Ask yourself whether the answer you are considering completely addresses the question. If the test answer is only partly true or is true only under certain narrow conditions, then it's probably not the right answer.

Helpful Hints on M.C. Exams Continued...

- Trust your gut with the first answer if you are between two answers; your first reaction is *usually* correct.
- Eliminate WRONG answers when you can or using process of elimination.
- In a multiple choice test item, the stem is followed by a list of answer choices, known as **alternatives** or **options**.
- Every choice apart from the key is considered a **distractor**.
- These incorrect alternatives should all be plausible but not so similar to the right response that a reasonable case can be made for multiple choices.

Continued...

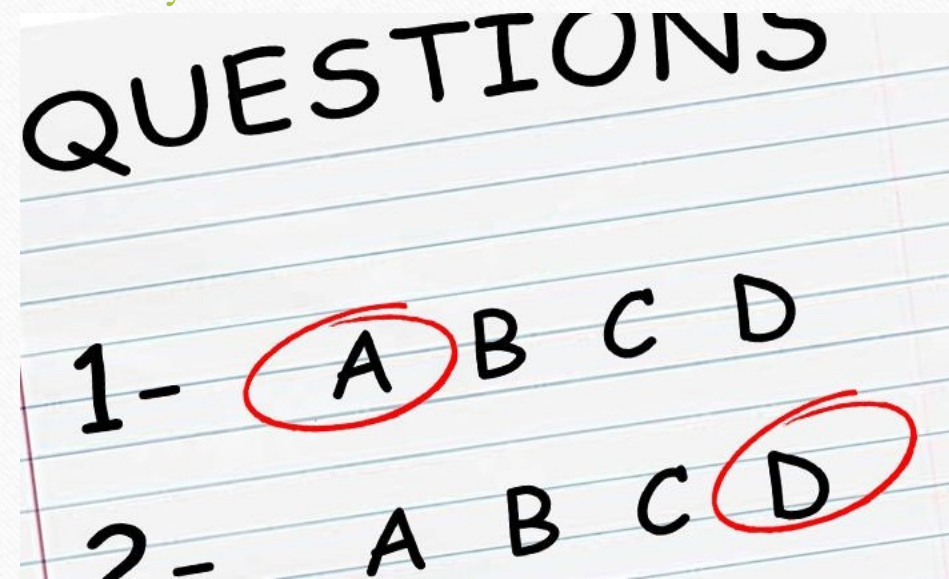


Avoid	Good practice
<p>In the stem:</p> <ul style="list-style-type: none">• Long / complex sentences• Trivial statements• Negatives and double-negatives• Ambiguity or indefinite terms, absolute statements, and broad generalization• Any clues to the answer <p>In the choices:</p> <ul style="list-style-type: none">• Statements similar to the correct answer• Completely implausible responses• 'All of the above,' 'none of the above'• Overlapping responses (e.g., if 'A' is true)	<p>In the stem:</p> <ul style="list-style-type: none">• Use your own words – not statements straight out of the textbook• Address single, clearly formulated problems <p>In the choices:</p> <ul style="list-style-type: none">• Plausible and homogeneous distractors• True statements that do not answer the questions• Short options – and all same length if possible• Correct options evenly distributed over A, B, C, etc.• At least 3 alternatives



Video about M.C. Exams

<https://www.youtube.com/watch?v=0aF7G0TMh7M>





Conclusion

- Environment
- Time Management
- Study Tools
 - NOT WAITING TO THE LAST MINUTE
 - UNDERSTANDING and not memorizing the information
 - Reviewing resources, quizzes, exams, PowerPoints



Helpful Websites

<https://www.youtube.com/user/osterhausg/videos>

<https://www.youtube.com/c/NinjaNerdScience/videos>

<https://www.youtube.com/c/WyzSci/videos>

[Highly Recommend!](#)