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
<table>
<thead>
<tr>
<th>DISEASE</th>
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<tbody>
<tr>
<td>PATHOPHYSIOLOGY</td>
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<td>RISK FACTORS</td>
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<td>CLINICAL MANIFESTATIONS</td>
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<td>DIAGNOSTICS</td>
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<td>NURSING INTERVENTIONS &amp; PATIENT TEACHING</td>
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<td>MEDICATIONS</td>
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<td>POSSIBLE COMPLICATIONS</td>
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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
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...

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