



Workshop Information:

Saturday, May 4, 2013
9:30am-11:30AM

Cost:
\$65 non-LDAYR members
\$50 LDAYR members

LDA-York Region
11181 Yonge Street
Richmond Hill, Ontario
(905) 884-7933 EXT. 23

Preparing for Tests and Exams A workshop for high school students

For many students, final exams are just around the corner. Study skills are often referred to as the “hidden curriculum.” Teachers often assume students know how to organize materials, get started, plan their study time, take and use notes effectively, and prepare for tests and exams. However, many students lack these essential skills and approach these tasks haphazardly. Knowing how to prepare and study for a test or exam is half the battle.

This workshop is designed for high school students and demonstrates

- how to prepare before a test or exam
- strategies for writing tests and exams
- post-test and exam reflection strategies as a learning opportunity

At the end of this workshop, students will have a better understanding of

- how the brain learns
- the roles that sleep and diet play in learning
- how to prepare and plan ahead for a test or exam
- effective and evidence-based (brain science) exam and test taking strategies—what works and what doesn’t
- the real reason cramming doesn’t work
- some online tools that can be accessed to make studying a little more interesting and engaging

Students are encouraged to bring their school subject notes, binders, and textbooks for some hands-on learning. Students will receive a variety of easy-to-use handouts after the workshop that will help them prepare for upcoming tests and exams.

Workshop fees are transferable
but non-refundable.

Email: info@ldayr.org

www.ldayr.org