

How to study for exams

You will listen to a recording about exam strategies. Read the questions below. Listen and answer them.

Listen

1. The most important thing is _____

2. Cramming is more effective than spreading your studying over time.

True / False

3. The two most important and effective methods are: _____ and _____.

4. What does the active recall involve?

5. Rereading materials 4 times is more effective than testing yourself only once.

True / False

6. What is the Feynman technique?

7. Spaced repetition involves _____

8. What is deliberate practice?

9. Why is it important to get enough sleep?
