

Exams don't have to be stressful

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The [Tulane Academic Success Center](#) continues to be a secret weapon for students during midterm and final exams.

This year, the center is offering [walk-in tutoring](#) and space for studying from Saturday (Dec. 6) through Saturday (Dec. 13).

Krista Ward, a success coach at the center, says there are many ways that students can approach studying for exams. But the goal is to choose the method that matches with the student's learning type.

"When students visit the success center, we explore with students what studying techniques may work for them and how to apply them to various subjects and test formats," says Ward.

Below are two examples of study tools that Ward says many students find beneficial.

Test yourself

Many students work tirelessly on memorizing facts. If students can take their

knowledge a step further and ask themselves questions about course content, this will help them actively engage in their studying and check their own understanding. This is commonly known as “knowledge input verses knowledge output.”

Recreate the test environment

If students study the way they are being tested, this will help them better prepare for the test format as well as decrease test anxiety. For example, if you have to write an essay as part of your final, try a few essay-writing activities in your study regime. This will help you know what to expect while checking your understanding of the topic.

For more tips on prepping for exams, read [Study tips galore!](#) and [5 must-do study tips](#) on *New Wave*.

The success center can be reached by [email](#) or phone at 504-865-5103.

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