

Get ready for midterms

What to do now!

It's October and classes are well underway. Consider some of these strategies as you prepare for midterms.

1. Review following each class to identify gaps in your knowledge. Going to class is key to understanding what will be tested. **Make note of where you're unsure.** Identify what you don't know and spend time and energy on that. If you haven't been reviewing regularly: start now.
2. **Review previous homework** and quizzes for patterns, common questions, and identify areas where there are gaps in your understanding.
3. Attend **Office Hours and/or TA tutoring sessions.** Bring questions about previous material that you've identified from review (homework, quizzes, practice exercises, class discussions).
4. Check Quercus for any structured tools that **prioritize what is most important** to remember: check for big lesson takeaways, illustrations, and any practice exercises.
5. **Study Groups:** check in with classmates over coffee, consider joining a [Recognized Study Group via Sidney Smith Commons](#), or attend drop-ins at the [Math Learning Centre](#), and/or [the Economics Study Centre](#). Talking through new concepts helps to remember them.
6. **Understand details:** Where and when is the exam taking place? Are aids allowed? How much is the exam worth? Will there be an in-class review session before the exam or materials provided online? If you don't know, these are good starting points to ask your TA or instructor.
7. **Remember sleep + food!** It's easy to neglect yourself when you get "in the zone", but sleep quality, duration, and consistency are associated with better academic performance.
 - Read for yourself: Okano, K., Kaczmarzyk, J. R., Dave, N., Gabrieli, J. D. E., & Grossman, J. C. (2019). Sleep quality, duration, and consistency are associated with better academic performance in college students. NPJ Science of Learning, 4(1), 1-5. <https://doi.org/10.1038/s41539-019-0055-z>
8. **Come for academic skills coaching!** There are many options available, and we are here to help.
 - Book an academic skills coaching session with Kimberley through [RC Portal](#) to help manage your time, strengthen your skills, and build on past successes.
 - Our RC Academic Peers (third year students) have drop-ins on Mondays and Fridays from 11:30-12:30, starting October 17th. They can speak from experience about what to expect from midterms. Contact them at rcacademicpeers@utoronto.ca
 - If you have any other questions about your courses or programs, come to drop in advising on Thursdays or book an appointment on [RC Portal](#) to meet with one of our five academic advisors: Rob, Kaki, Nina, Priya, or Kimberley.