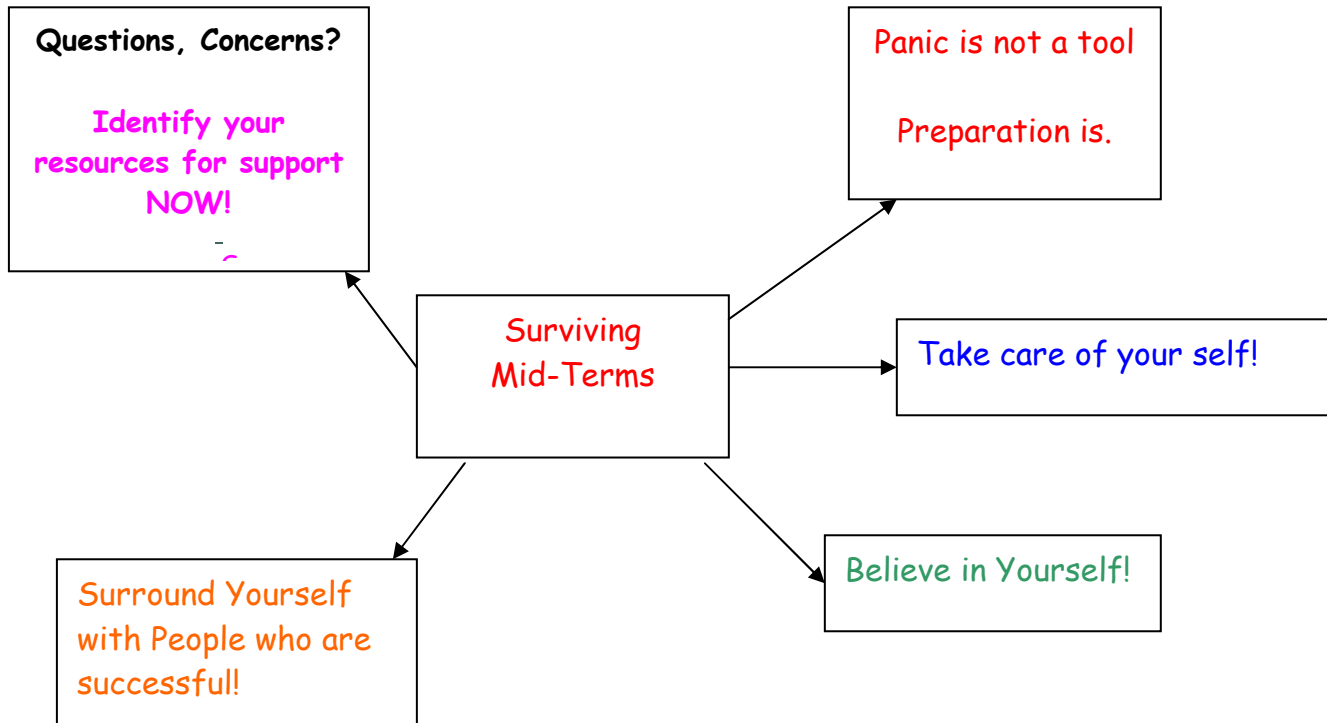


Surviving Mid-Terms

Everyone feels concern, even panic, when the date of a mid-term is near. International students who have been at Binghamton University for more than one year offer the following suggestions to help you prepare. These suggestions will help you be successful.



Who and What are your resources for support when you have concerns or questions about your course work:

- You are a resource for your self!
 - Believe in yourself - Stay positive
- Your professors and Teaching Assistants(TAs)!
 - Continue to ask questions in class
 - Speak up, it is guaranteed that you are not the only one with this question
 - Meet with professors and TAs during office hours
 - E-mail your questions to them
- Learn about Tutoring Services!
 - Contact the Center for Learning and Teaching to ask if tutors are available for the subjects that concern you
 - <http://www2.binghamton.edu/clt/tutoring.html>

- ❑ Use Walk-In Tutoring for Chemistry or Math Courses. Find the schedule here: <http://www2.binghamton.edu/clt/pdf-files/CHEM-MATH%20WALK%20IN%20HOURS.pdf>
- ❑ Discovery Center <http://discovery.binghamton.edu>
 - Join a study group
 - Work with your tutor
 - Ask for a practice test
- ❑ Bring your test papers and review questions that you did not answer correctly
- ❑ The Writing Center <http://writingcenter.binghamton.edu/>
- ❑ Contact other students who are successful in your class
 - Ask to study with them

Take care of yourself!

- ❑ Schedule Study Breaks
- ❑ Exercise
- ❑ Spend time with Friends
- ❑ Spend time with People who expect you and them to be successful
- ❑ Relax and Eat a meal
- ❑ Recognize your progress

Preparation:

- ❑ Now is not the time to PANIC, Now is the time to PREPARE!
- ❑ GO TO ALL OF YOUR REMAINING CLASSES AND LABS
- ❑ Listen for what your professor or TA is talking about and focusing on, especially topics that are returned to again and again
- ❑ Use a schedule, Plan time for study and taking care of yourself
- ❑ Organize the course material - SUMMARIZE
 - What are the themes or Major Ideas of Your Course
 - Do this for all of your courses
 - Organize facts, dates, theory and connect all of this to a theme or major idea
 - Review class notes, textbooks
 - Check in with other classmates and professor or TA - Have you got the right themes identified?
 - See if you can study with the students who are already successful in this class
 - At least ask them questions

To Get Good Grades on Your Exams:

Use a schedule to plan your study time

Join a Study Group

Go to all of your classes