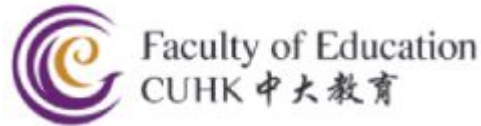


The Psychology of Exam-taking

Dr. Alan Cheng, Educational Psychology,
CUHK



Office of School Partnership and Community Engagement
Faculty of Education, The Chinese University of Hong Kong

Johnston Chan, Yr.1 Bachelor of Education (English Language Education)
Jenny Law, Yr. 3, Bachelor of Social Science (Sociology)
Dandelion Lee, Yr.1 Bachelor of Education (English Language Education)
Anson Li, Yr.1 Bachelor of Education (English Language Education)
Sze Wu, Yr. 1 Bachelor of Physical Education, Exercise Science and Health



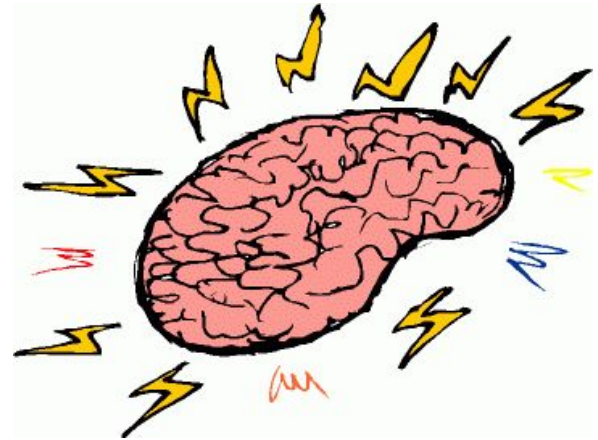
[https://www.fed.cuhk.edu.hk/spce/2022/
03/17/the-psychology-of-exam-taking/](https://www.fed.cuhk.edu.hk/spce/2022/03/17/the-psychology-of-exam-taking/)



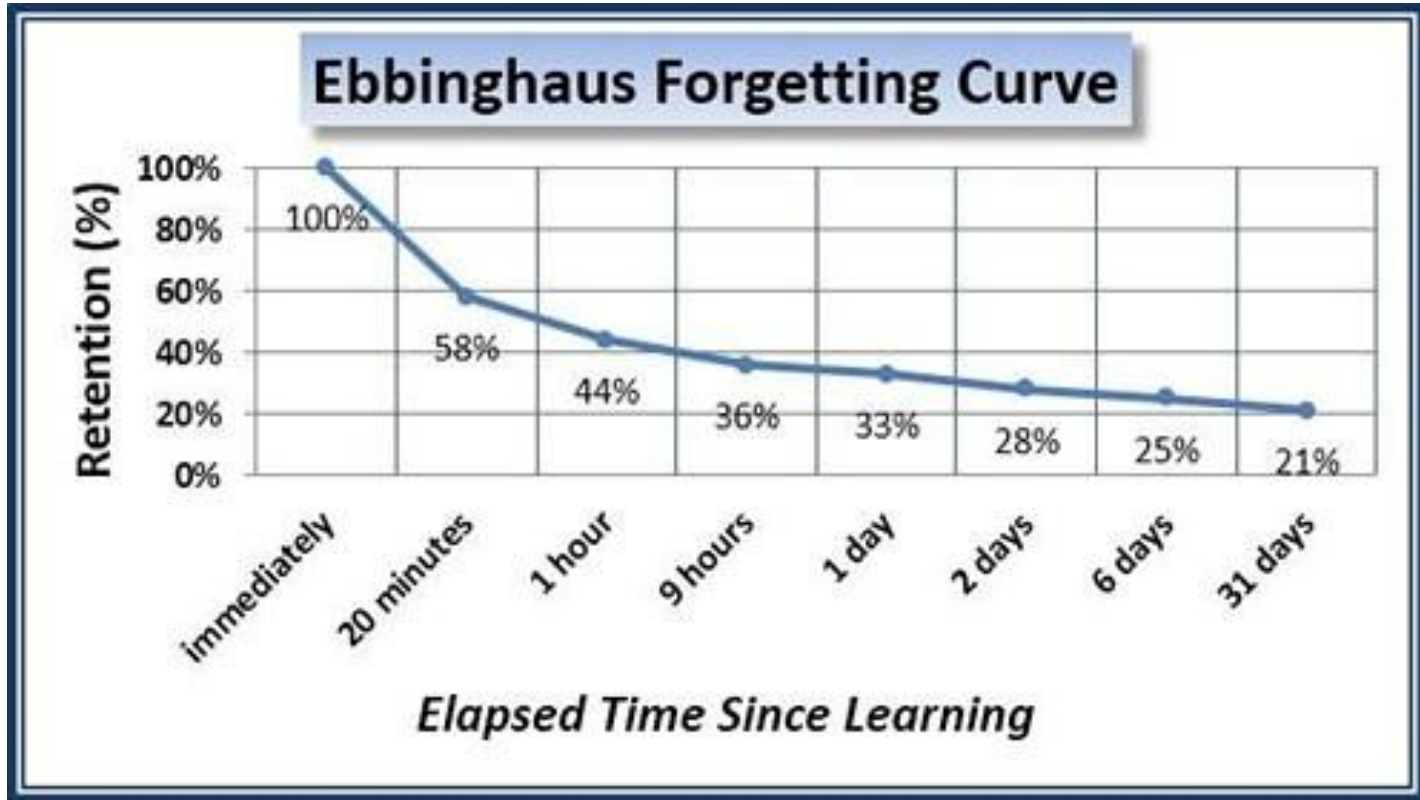
This webinar...Do what's best for your brain!

Should help you...

- Revise more effectively
- Perform optimally during exams



Remember to take notes!

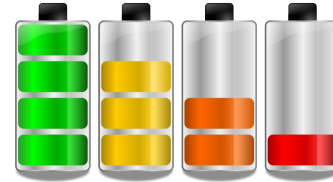


Overview

1. Memory



2. Managing Energy & Attention



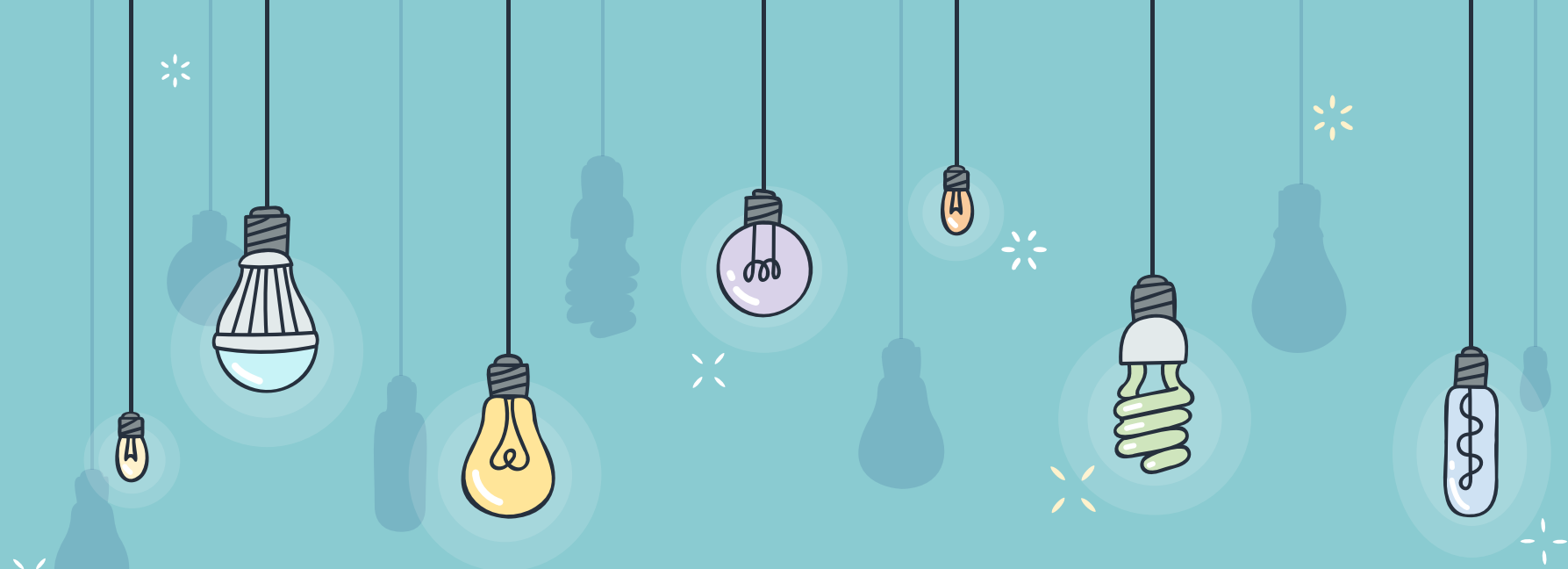
3. Sleep & Nutrition



4. During the Exam



Students' Sharing



THE PSYCHOLOGY OF EXAM-TAKING

SZE WU

DSE ELECTIVES: CHINESE LANGUAGE AND CHINESE HISTORY

✨ You still have...

April 2022

16 days included

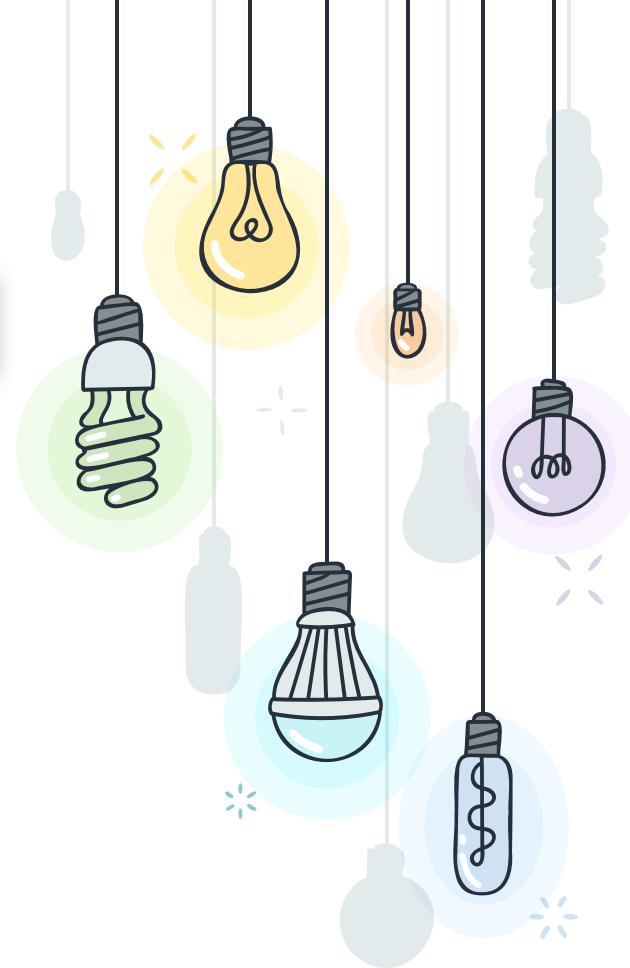
Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

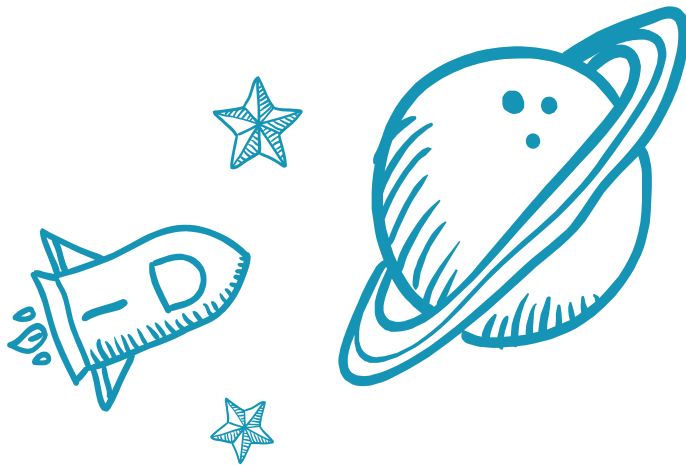
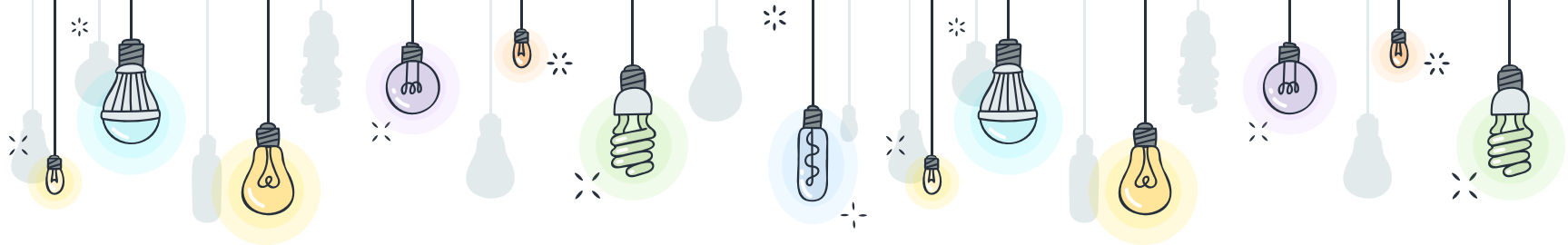
Result: 16 days

Alternative time units

16 days can be converted to one of these units:

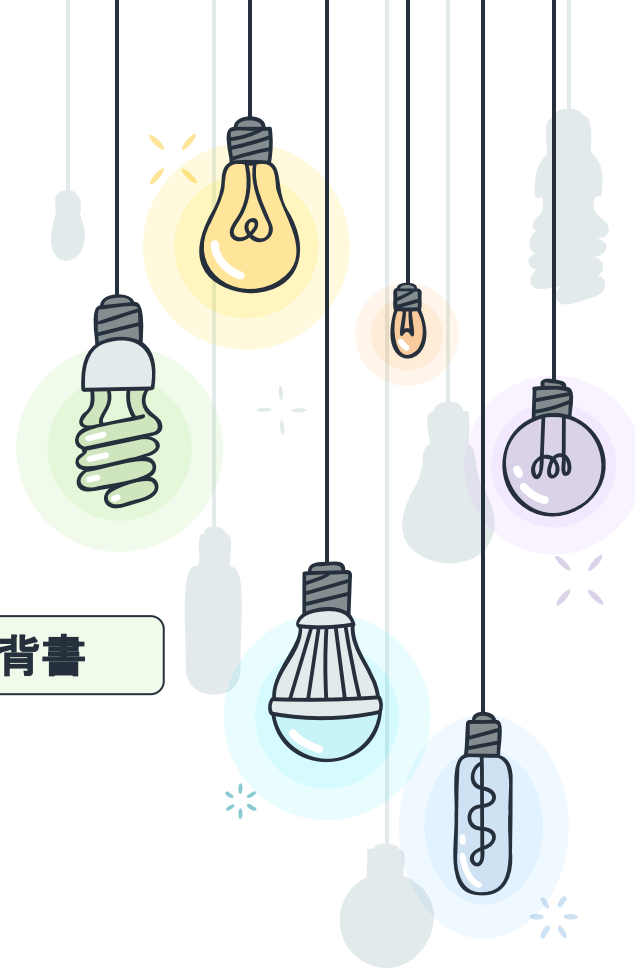
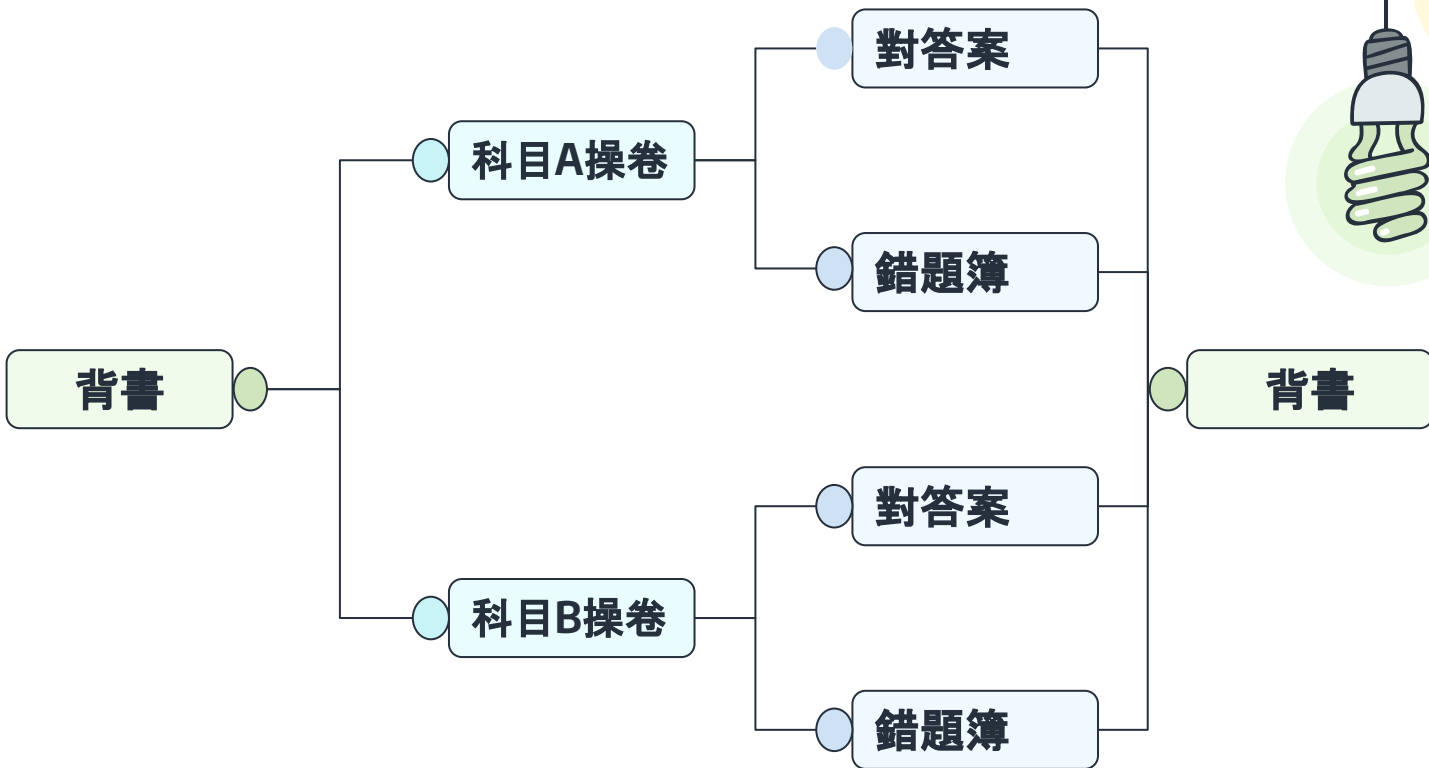
- 1,382,400 seconds
- 23,040 minutes
- 384 hours
- 16 days
- 2 weeks and 2 days
- 4.38% of 2022





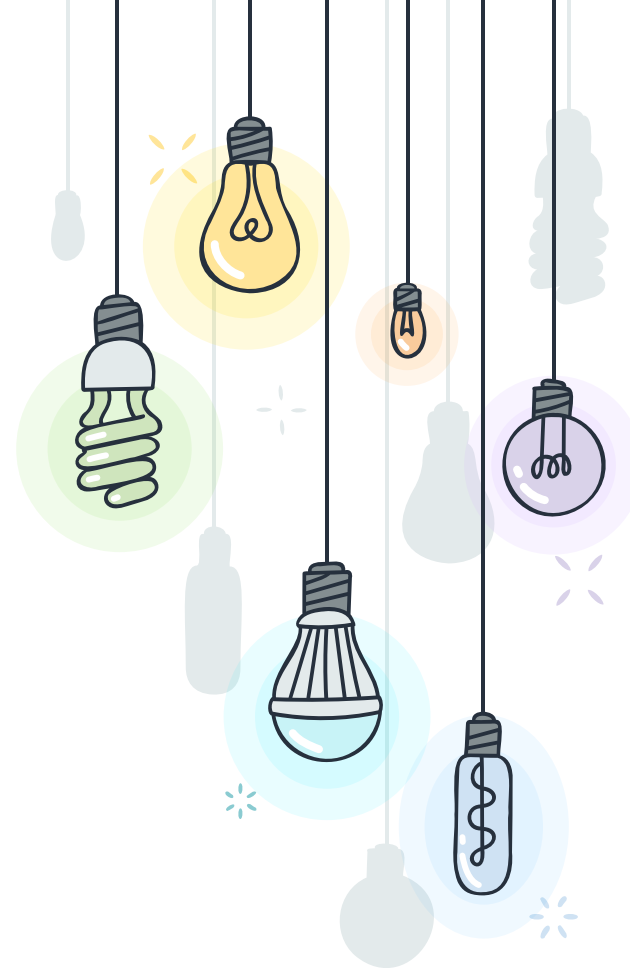
TIMETABLE

* Revise multiple subjects on 1 day

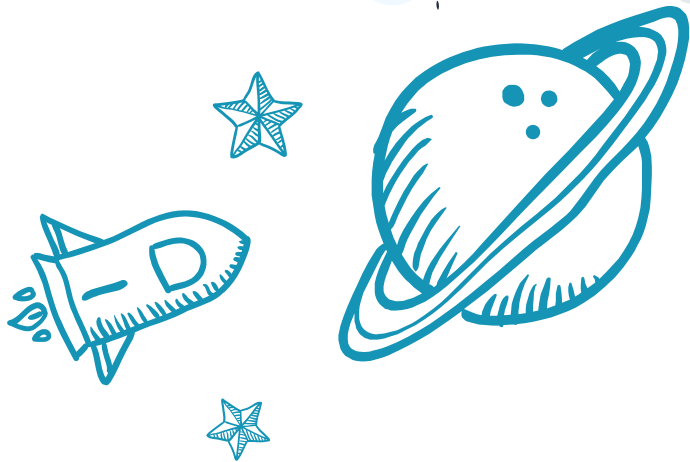
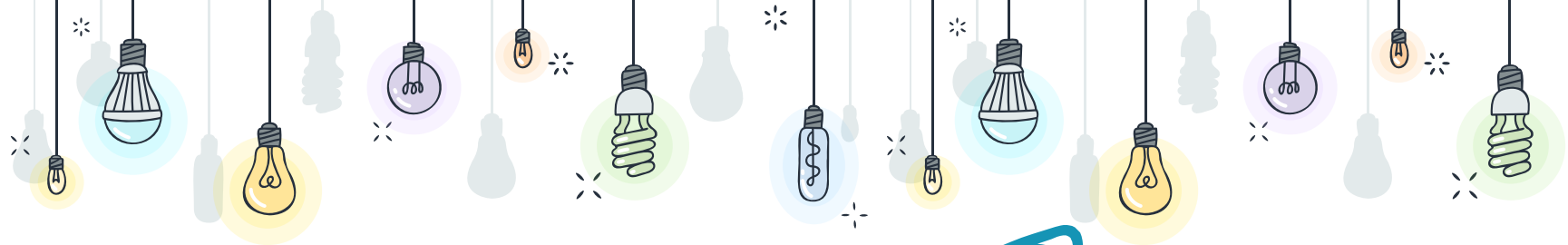




A	B	C	D	E	F	G	H
Cycle 8							
	SUN	MON	TUE	WED	THU	FRI	SAT
Date							
Session 1 (8:00-12:30)		<i>Maths SERP</i>	CMS T8Part A	<i>ChiH Test</i>	<i>Maths Drilling</i>	<i>ChiL Test</i>	<i>Maths MC</i>
Lunch time			P3Set6T1-4	Maths Paper1	<i>Eng Drilling</i>		
Session 2 (1:30-3:30)	<i>LS SERP</i>	中史清初	中史魏晉	藥、短歌行	<i>Chinese Zoom</i>	<i>ChiL Test</i>	梁啟超
Break				接外	戰城南、卻	Ls HW	CMS Eng P1Ax2
Session 3 (4:00-7:00)	藥,接外	中史清初	中史清初	<i>Chi Tutor</i>	蘇秦	<i>LS Tutor</i>	LS Tutor
Dinner time	Maths serp				進學解		
Session 4 (8:30-11:00)	中史魏晉	<i>Maths Tutor</i>	中史魏晉	Chi WLP P1			<i>Eng Zoom</i>
Cycle 7							
	SUN	MON	TUE	WED	THU	FRI	SAT
Date							
Session 1 (8:00-12:30)	Eng TP3	/	CMS set7P1	<i>LS Drilling</i>	<i>ChiH Test</i>	<i>Maths Core</i>	<i>Maths SERP</i>
Lunch time	我的四個假想敵						
Session 2 (1:30-3:30)	<i>LS SERP</i>			司馬、孔子		<i>LS Zoom</i>	
Break			王安、梁后				
Session 3 (4:00-7:00)	<i>ChiL SERP</i>	/	LS Tutor+HW	<i>Chi Tutor</i>	MC1 Notes	<i>LS Tutor</i>	3D3D3D
Dinner time	齊桓				Maths SERP M	<i>LS Tutor HW</i>	ChiL Writing
Session 4 (8:30-11:00)	<i>Eng tutor</i>	<i>Maths Tutor</i>	Math MC1		<i>Maths 3D</i>		MathLWK MC2



1. Wake up early
2. 善用最有效率的2-3小時



溫習方法

➤ 建立筆記 (Writing notes)

秦始皇的統治政策 (221-206)

法家思想
治國原因
 (個人)

法家
統治政策及措施

注張「法後王」
 → 重視君主權威
 → 實行刑罰重罰

中央集權
 秦朝後收權極
 防叛亂

(以性)
 (1) 治惡刑制 秦君任用商鞅推行變法、刑治法治。✓ 令秦國富國強兵威震四方
 著⇒法家。○ 刑視為有利治國的具。○ 之後的君主皆沿用商鞅所建立的刑制，法家思想逐成為秦國治國方針。○ 秦始皇以此為一天下，自然繼續治用。

(現實)
 (2) 華國統治 統一天下後，全國各地有不少反抗勢力。→ 大國遠民更存復國之心，秦君欲動。○ 秦始皇深信刑治法治，✓ 則華國政權，採用重刑的建設，以平刑峻法治用。⇒ 防範人民起大國遠民叛亂。

(哲學)
 (3) 提高君權 秦始皇統一天國後，集皇大權于一身。→ 推行中央集權政權，如法家思想，四強明君權至上。⇒ 為強化君權提供理法依據。⇒ 符合秦需要。

(個人)
 (4) 切人性檢 秦始皇刻薄寡恩，為人猜疑，追求專制一切的權力。如法家思想，崇尚刑名，四強調君君欲制。⇒ 切人性檢。採用建立極權的統治。

政治方面

(1) 提高君主權威
 ① 確立尊卑 秦王政自認「功過三皇，德蓋五帝」，於是把「皇帝」名稱為「皇帝」，自稱「始皇帝」。
 ② 規定尊卑自稱「朕」，皇帝的命令稱為「制」、「詔」，一切事務為「聖」。
 ③ 制定一套朝儀和文書制度顯示君權的至高无上。
 ④ 定刑法、為服色、巡遊天下、刻石記功等举措。⇒ 顯示其統治的威嚴與神聖。

(2) 推行郡縣制度
 秦始皇以丞相、太尉、御史大夫為三公，分別協助皇帝管理全國政務、軍事及監察三公下設九卿，負責處理皇帝及政府各項事務。所有中央官員由皇帝任免，不得世襲，或確立中央集權制度。

(3) 推行郡縣制度
 秦始皇以丞相、太尉、御史大夫為三公，分別協助皇帝管理全國政務、軍事及監察三公下設九卿，負責處理皇帝及政府各項事務。所有中央官員由皇帝任免，不得世襲，或確立中央集權制度。

(4) 修訂律法
 戰國時期，商鞅以苛性的《法法》作為基礎。→ 制定律令。
 秦始皇統一天下後，為了華國政權，依據「事皆決于法」，使秦朝刑罰重，以來的律令加以修訂十補充。⇒ 形成了一套更嚴密守的《秦律》
 鎮壓全國施行，嚴密守的刑罰。
 (E) 五人共盜一錢以上，沒收破去左腳，在臉頰上刺字，判處徒刑到邊疆築城牆。
 (E) 刑罰繁多，死刑有：棄市、生埋、腰斬、車裂、夷三族。

秦朝中央集權制度的作用

皇帝
 三公
 九卿
 郡守、郡尉、監御史
 縣丞、縣尉、縣令
 鄉
 亭
 里

not enough time?



1. 白紙筆記

You can try to conclude all the key ideas by using one A4 paper!



2. mind map

傳染病 ① 愛滋病 ② 伊波拉病毒(西非) ③ SARS 沙士 ④ 禽流感 ⑤ 日本麻疹 (物→物) ⑥ 中東呼吸綜合症 ⑦ 巴西寨卡病毒 ZIKA 傳染病三角理論 (傳染源/媒介/易感)	非傳染病 ① 慢性肝病 (如酒精、果糖、缺乏運動) ② 糖尿病 ③ 冠心病 ④ 痛症 ⑤ 高血壓 ⑥ 癌症 ⑦ 精神疾病 ⑧ 藥物濫用 ⑨ 傳染性肝炎	疫苗 ① 預防 ② 處理及協調 ③ 研發藥物及解決 ④ 預防 ⑤ 糖原病 ⑥ 冠心 ⑦ 痛症 ⑧ 精神 ⑨ 社會 ⑩ 健康 ⑪ 精神 ⑫ 社會 ⑬ 健康 ⑭ 精神	解決方法 ① 完善醫療 (預防) 的結構 ② 多級作用 ③ 增加人手 ④ 長期照顧及傳染 ⑤ 預防藥物 ⑥ 預防藥物 ⑦ 增加人手
---	---	--	---

健康的定義

① 世界衛生組織 - 全球合作
 ② 聯合國兒童及教育組織 - 全球合作
 ③ 世界動物衛生組織 - 全球合作

公共衛生

① 預防疾病
 ② 國際組織
 ③ 全球合作
 ④ 全球合作
 ⑤ 全球合作
 ⑥ 全球合作
 ⑦ 全球合作
 ⑧ 全球合作
 ⑨ 全球合作
 ⑩ 全球合作
 ⑪ 全球合作
 ⑫ 全球合作
 ⑬ 全球合作
 ⑭ 全球合作
 ⑮ 全球合作
 ⑯ 全球合作
 ⑰ 全球合作
 ⑱ 全球合作
 ⑲ 全球合作
 ⑳ 全球合作

香港現況

① 世界衛生組織 - 全球合作
 ② 聯合國兒童及教育組織 - 全球合作
 ③ 世界動物衛生組織 - 全球合作

醫療需求

① 醫生工作量大
 ② 醫生工作量大
 ③ 醫生工作量大
 ④ 醫生工作量大
 ⑤ 醫生工作量大
 ⑥ 醫生工作量大
 ⑦ 醫生工作量大
 ⑧ 醫生工作量大
 ⑨ 醫生工作量大
 ⑩ 醫生工作量大
 ⑪ 醫生工作量大
 ⑫ 醫生工作量大
 ⑬ 醫生工作量大
 ⑭ 醫生工作量大
 ⑮ 醫生工作量大
 ⑯ 醫生工作量大
 ⑰ 醫生工作量大
 ⑱ 醫生工作量大
 ⑲ 醫生工作量大
 ⑳ 醫生工作量大

人本化需求

① 全球最長壽平均壽命男女
 ② 全球最長壽平均壽命男女
 ③ 全球最長壽平均壽命男女
 ④ 全球最長壽平均壽命男女
 ⑤ 全球最長壽平均壽命男女
 ⑥ 全球最長壽平均壽命男女
 ⑦ 全球最長壽平均壽命男女
 ⑧ 全球最長壽平均壽命男女
 ⑨ 全球最長壽平均壽命男女
 ⑩ 全球最長壽平均壽命男女
 ⑪ 全球最長壽平均壽命男女
 ⑫ 全球最長壽平均壽命男女
 ⑬ 全球最長壽平均壽命男女
 ⑭ 全球最長壽平均壽命男女
 ⑮ 全球最長壽平均壽命男女
 ⑯ 全球最長壽平均壽命男女
 ⑰ 全球最長壽平均壽命男女
 ⑱ 全球最長壽平均壽命男女
 ⑲ 全球最長壽平均壽命男女
 ⑳ 全球最長壽平均壽命男女

青少年的特徵 (按題用)

1. 心智未成熟, 情緒波動大, 易作不理智行為
2. 追求自主地位
3. 自我中心
4. 重視自我形象
5. 易受網絡風氣影响 (假料、互聯網)
6. 开始意识到对社会的权利与责任 (社政務)

青少年期的「重要他人」= 同儕/領袖 (13-18岁)

努力達入八階

馬斯洛需求層次

① 生理需求 (食物、水、住所需求)
 ② 安全需求 (人身安全、健康疾病)
 ③ 社交需求 (群體感、愛)
 ④ 尊重需求
 ⑤ 自我實現需求

個人成長與人際關係

① 假象
 ② 假象
 ③ 假象
 ④ 假象
 ⑤ 假象
 ⑥ 假象
 ⑦ 假象
 ⑧ 假象
 ⑨ 假象
 ⑩ 假象

青少年自我形象

① 假象
 ② 假象
 ③ 假象
 ④ 假象
 ⑤ 假象
 ⑥ 假象
 ⑦ 假象
 ⑧ 假象
 ⑨ 假象
 ⑩ 假象

家庭因素

① 家庭結構轉變
 ② 家庭因素
 ③ 家庭因素
 ④ 家庭因素
 ⑤ 家庭因素
 ⑥ 家庭因素
 ⑦ 家庭因素
 ⑧ 家庭因素
 ⑨ 家庭因素
 ⑩ 家庭因素

經濟因素

① 經濟因素
 ② 經濟因素
 ③ 經濟因素
 ④ 經濟因素
 ⑤ 經濟因素
 ⑥ 經濟因素
 ⑦ 經濟因素
 ⑧ 經濟因素
 ⑨ 經濟因素
 ⑩ 經濟因素

職業因素

① 職業因素
 ② 職業因素
 ③ 職業因素
 ④ 職業因素
 ⑤ 職業因素
 ⑥ 職業因素
 ⑦ 職業因素
 ⑧ 職業因素
 ⑨ 職業因素
 ⑩ 職業因素

社會因素

① 社會因素
 ② 社會因素
 ③ 社會因素
 ④ 社會因素
 ⑤ 社會因素
 ⑥ 社會因素
 ⑦ 社會因素
 ⑧ 社會因素
 ⑨ 社會因素
 ⑩ 社會因素

More than just copying!



3. 分析題型

Rmb to Analyse Question Type!

Each type requires a different structure to answer!

比較題

明比
 題目: A 比 B ...
 Eg. 教育比立法更有效
 解決 xx 問題
 ↓ 掌握準則
 準則①: A vs B, A win
 準則②: A vs B, A win
 準則③: A vs B, A win
 準則④: A vs B, A win
 (唔唔倒) ⇒ B is bad... / A is good

暗比
 題目: 只有 A
 Eg. 最佳、最有效、
 主要成因
 ↓ 相對對象
 準則①: A vs B, A win
 準則②: A vs B, A win
 準則③: A vs C, A win
 準則④: A vs D, A win
 準則⑤: A vs D, A win

混準則 + 混比
 準則①: A vs B, A win
 準則②: A vs B, A win
 準則③: A vs C, A win
 準則④: A vs D, A win
 準則⑤: A vs D, A win

攷量準則: Given U!
 比較對象: 教育(宣傳、誘導政策、立法規管、(政策) 立法禁止、正負經濟誘因...
 大情境化、操作化說明

*** 比較題 (優先考慮) 重要性**

題目: A 在 Y 中應獲優先考慮

準則①: A 比 B 應獲 ...
 準則②: A 比 C ...
 準則③: A 比 D ...
 準則④: A 比 E ...
 準則⑤: A 比 F ...

A = 自己分析(情境化)
 Eg. 文物保育
 → 物質(建築物)
 → 非物質(飲食文化、打鼓、节庆)

Y = 自己構思(B-F)
 = 攷比較對象
 Eg. 城市發展項目
 → 文物保育
 → 社會需求
 → 經濟、商業發展
 政、經、社、文、環 → 交通運輸
 → 市民生活素質

① 優先性、迫切性
 ② 可持續發展
 ③ 互補性
 ④ 國家發展現況
 ⑤ 不可逆轉性
 ⑥ 提升自助力
 ⑦ 竞争力、吸引力
 政、經、社、文、環 → 交通運輸
 → 市民生活素質

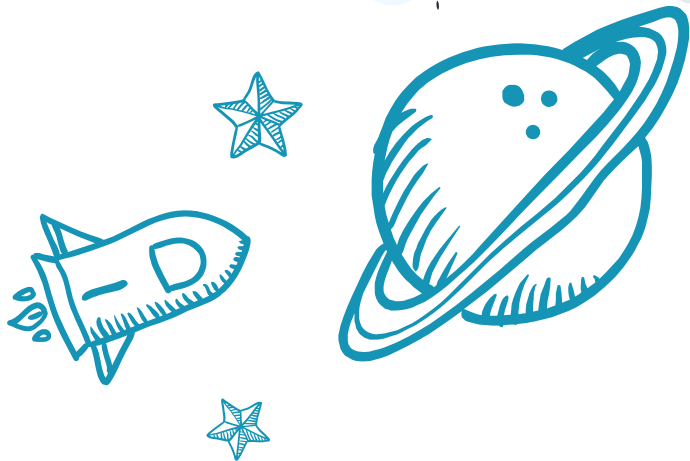
比較題(角色)

題目: x 比 y 應擔當更大的角色

① 可動用資源
 ② 覆蓋性、影響力
 ③ 必要性、不可替代性
 ④ 合理性
 ⑤ 專業程度
 ⑥ 成效
 ⑦ 可行性

政府特性

✓ 資源調配能力 ✓ 合法、權力
 ✓ 廣泛、統一 ✓ 專業
 ✓ 必要(政府責任)



溫習方法

➤ 試題操練 (Exam practice)

* 四種操卷方法 (4 Types)

By Year

最簡單
學校都會做

Y

By Topic

E.g 中國歷史

T

E.g 通識
**By Question
Type**



Q

自己出題

**Self-
questioning**

S



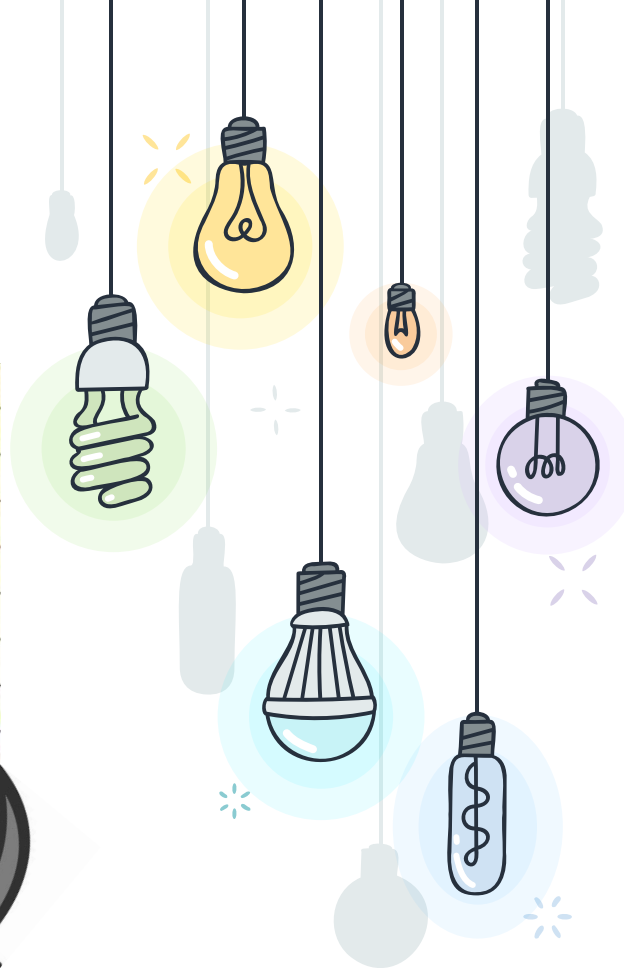
自己出題 self-questioning



孝文帝推行漢化措施是否有助鞏固統治？
試援引**文化習俗**方面的措施加以闡述。

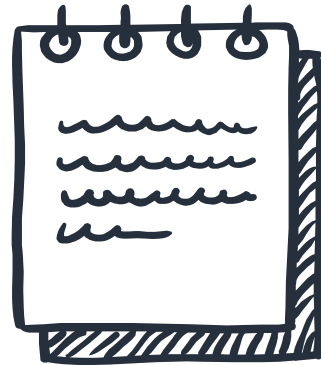
其次，孝文帝在文化習俗方面推行的措施有助確立鮮卑族的地位，從而鞏固統治。孝文帝將漢姓族一併依照漢人的門第制度制定北魏的門第序列，把漢族高門，按官職高低分為甲、乙、丙、丁四個等級，稱為「四姓」。鮮卑族則以皇室元氏為最高門第，其次是穆、陸、賀、劉、樓、于、嵇、尉等八個蕃姓稱為「八姓」。凡列入四姓、八姓者享有官職特殊待遇，不可授予低級官職使漢族世家與鮮卑貴族在官上享有同等政治地位，消除兩族矛盾，並加強對漢人士族的控制。此外，孝文帝尚通婚，革除鮮卑同姓通婚的陋習，鼓勵其與漢人士族通婚。他先以身作則，娶漢人國大等族之女為妃嬪，又勅令皇族子弟娶漢人士族為妻，車族元配改為漢妻。此舉均有助提高鮮卑族的政治地位，打破鮮卑族與漢族上層人地隔閡。

Open book去答
(靈活運用多於麻木背誦)

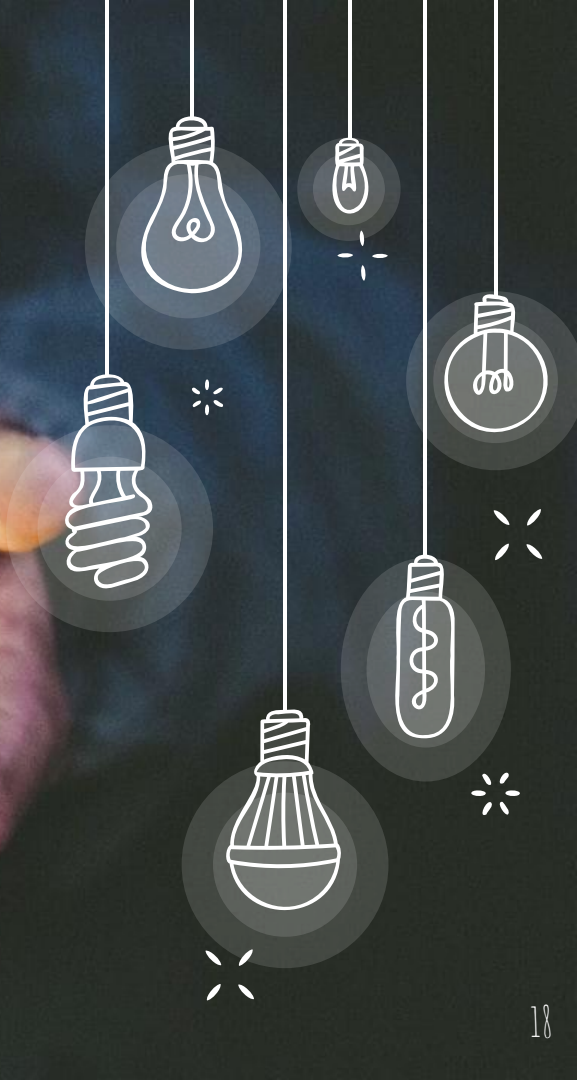




Scan the QR code to get extra Chinese Language and Liberal Studies notes for free!!!



♡
STAY STRONG
MENTALLY
AND
PHYSICALLY



1. Memory



<http://clipart-library.com/>

Questions from Registration Form

1. How could I remember what I revised more thorough and deeply?
2. 如何記起曾經很久前記得, 但現在忘記了的東西? [How to remember things that I learnt a lot time ago but have forgotten?]
3. How to study smarter?
4. How can we better plan our special holiday for revision?

What revision strategies do you use? Dunlosky et al., 2013

- Re-reading the text-book?
- Making notes? Summarising?
- Highlighting? Underlining?

**Low
utility!**

- Doing past papers?

Active Recall // Retrieval Practice // Practice Testing

Work your brain

High
utility!

Doing questions
from the text-book

Doing past-papers under
exam conditions



Making notes w/
books closed

Teaching someone
else

Setting your own
questions to test yourself
(using flashcards)

	8:00-8:55	9:05 - 10:00	10:10 - 11:05	11:15 - 12:10	Lunch	1:30 - 2:25	2:35 - 3:30	3:40 - 4:35	Break	5:05 - 6:00	6:10 - 7:05	Dinner	8:15 - 9:10	9:15 - 10:15
6th Apr	Eng	Eng	Eng	Eng		Eng	Eng	Maths		Maths	Maths		Maths	Maths
7th Apr	Chi	Chi	Chi	Chi		Chi	Chi	Bio		Bio	Bio		Bio	Bio
8th Apr	Phy	Phy	Phy	Phy		Phy	Phy	Chem		Chem	Chem		Chem	Chem
...														
20th Apr	LS	LS	LS	LS		LS	LS	Eng		Eng	Eng		Eng	Eng
21st Apr	Maths	Maths	Maths	Maths		Eng III	Eng III	Eng III		Eng II	Eng II		Eng I	Eng I
22nd Apr	Eng I + II EXAM						Maths	Maths		Eng III	Eng III		Eng III	Eng III
23rd Apr	Eng III EXAM						Maths	Maths		Maths	Maths		Maths	Maths

Cram (1-2 subjects per day)

OR

Space out (Multiple subjects per day)?

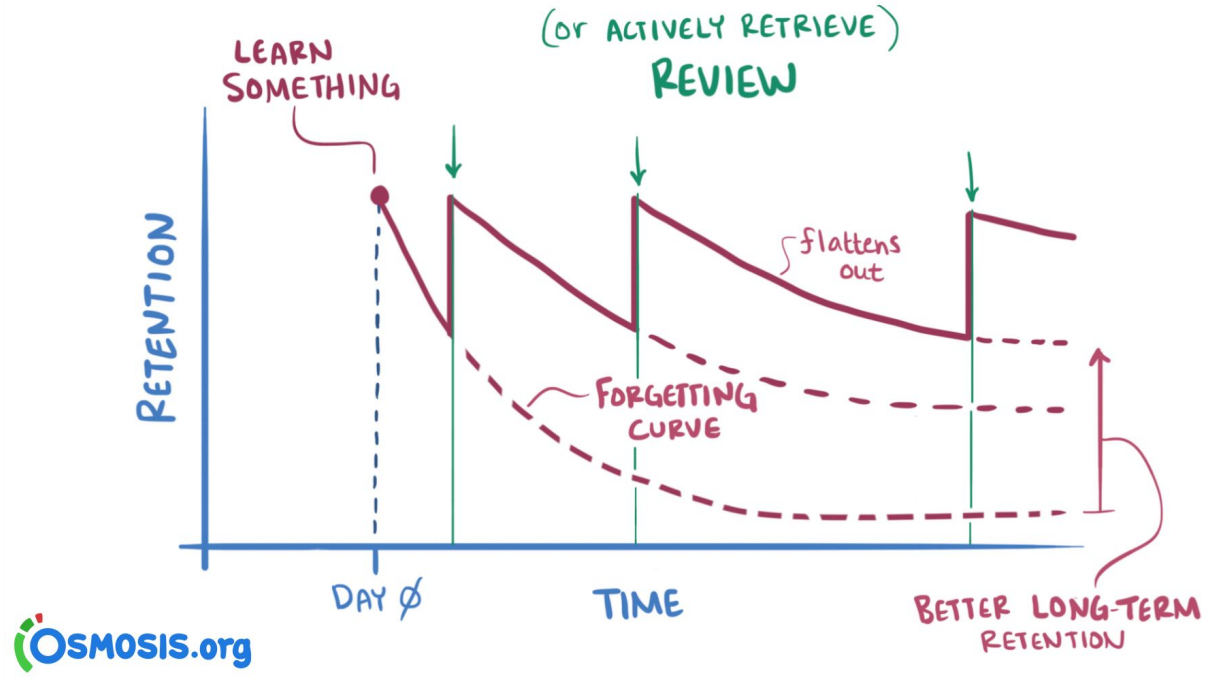
	8:00-8:55	9:05 - 10:00	10:10 - 11:05	11:15 - 12:10	Lunch	1:30 - 2:25	2:35 - 3:30	3:40 - 4:35	Break	5:05 - 6:00	6:10 - 7:05	Dinner	8:15 - 9:10	9:15 - 10:15
6th Apr	Eng	Phy	Chem	Chi		Bio	Maths	LS		Eng	Phy		Chem	Chi
7th Apr	Bio	Maths	LS	Eng		Phy	Chem	Chi		Bio	Maths		LS	Eng
8th Apr	Phy	Chem	Chi	Bio		Maths	LS	Eng		Phy	Chem		Chi	Bio
...														
20th Apr	Eng	Phy	Chem	Chi		Bio	Maths	LS		Eng	Phy		Chem	Chi
21st Apr	Eng	Maths	Chi	LS		Eng III	Eng III	Eng III		Eng II	Eng II		Eng I	Eng I
22nd Apr	Eng I + II EXAM						Maths	Chi		Eng III	Eng III		Eng III	Eng III
23rd Apr	Eng III EXAM						Maths	Chi		LS	Maths		Chem	Maths

Spaced Repetition

High utility!

Multiple opportunities to relearn

Slow down forgetting



Strategies according to their utility (Dunlosky et al., 2013)

Low

- Summarising
- Highlighting & Underlining
- Keyword mnemonic (mental imagery)
- Imagery use for learning text
- Rereading

Medium

- Elaborative interrogation (answering “Why?”)
- Self-explanation
- **Interleaved Practice (learning and testing more than one topic / concept together rather than one after another)**

High

- Practice Testing // Active Recall
- Distributed Practice

A decorative illustration of five flowers, possibly dandelions, rendered in a fine-line, sketch-like style. The flowers are arranged in a circular pattern around the central text. Each flower has multiple layers of petals and a small stem with leaves.

My DSE Experience

Dandelion Lee

Major: English Language Education

Electives: History, Chinese History



01

During study leave...

During my study leave...



01

Be productive

Do something "useful" every day

02

Relax if I need to

Watch a bit of TV, play music, exercise...

03

Try my best

Just work hard

04

Predicted grades :/

They are only for reference, don't let them define your abilities :)

Study leave routine



PROJECT PORTFOLIO

ELEGANT HAND-DRAWN



02

Studying Strategies

WWW.SLIDESGO.COM

Studying strategies



English

- Read about social affairs
- Drilling (esp listening)
- Read samples



History

- Drilling (Paper 2 marked by teacher)
- Read samples
- Make your own notes

For memory enhancement...



Make your own notes

- Motivation
- Focus
- Tailored to your needs



Key concepts

- Highlight key words
- Charts, tables, mind maps, timelines...
- Memorization tricks (examples later)



Spend enough time

- Studying takes time ;)
- Be patient
- Trust the process

Memorization tricks



Acronym

Examples



Mantra

Factors of WWII outbreak: **"DNA CUTS"**

- **D**epression (Great Depression)
- **N**azism (totalitarianism)
- **A**ppeasement policy
- **C**ollective security
- **U**SA
- **T**reaty of Versailles
- **S**oviet Union

Framework for Imperial Exam (科舉) questions:

*"got an **A** in **CPR**"*

- **A**dmission qualifications
- **C**ontent of exam
- **P**rocedure of exam
- **R**ules of exam



03

General Tips

General tips

- ★ Try not to schedule too many tutorial classes during study leave
- ★ Develop a routine for study leave
- ★ Memorization tricks



Thank you!



thedandelionlee@hotmail.com

2. Managing Energy & Attention



Questions from Registration Form

1. My students always find studying at night more “effectively” but then could not recall their memory in exams held in early morning. Any advice for them?
2. What is the best arrangement of time for revision in a day?

Which one are you?



Morning lark? Hummingbird? Night owl?

<https://www.kubashi.com/entertainment/thoughts/are-you-a-lark-an-owl-or-a-hummingbird/>

Sample Revision Timetable

	8:00-8:55	9:05 - 10:00	10:10 - 11:05	11:15 - 12:10	Lunch	1:30 - 2:25	2:35 - 3:30	3:40 - 4:35	Break	5:05 - 6:00	6:10 - 7:05	Dinner	8:15 - 9:10	9:15 - 10:15
6th Apr	Eng	Phy	Chem	Chi		Bio	Maths	LS		Eng	Phy		Chem	Chi
7th Apr	Bio	Maths	LS	Eng		Phy	Chem	Chi		Bio	Maths		LS	Eng
8th Apr	Phy	Chem	Chi	Bio		Maths	LS	Eng		Phy	Chem		Chi	Bio
...														
20th Apr	Eng	Phy	Chem	Chi		Bio	Maths	LS		Eng	Phy		Chem	Chi
21st Apr	Eng	Maths	Chi	LS		Eng III	Eng III	Eng III		Eng II	Eng II		Eng I	Eng I
22nd Apr	Eng I + II EXAM						Maths	Chi		Eng III	Eng III		Eng III	Eng III
23rd Apr	Eng III EXAM						Maths	Chi		LS	Maths		Chem	Maths

1. Night owls - start with your favourite subject(s) in the morning
2. Don't be overly specific about what you plan to revise

The Pomodoro (Tomato) Technique

THE POMODORO TECHNIQUE[®]

A SIMPLE METHOD TO BALDNCE FOCUS WITH DELIBERATE BREAKS

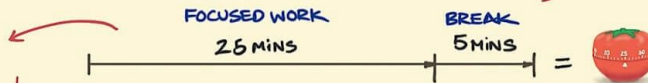


1 PLAN YOUR TASKS
How many pomodoros might you need?

2 DO 1 POMODORO
Time for 25 mins then take a 5 min break

NO SNEAKY
WORKING!

PROTECT
YOUR POMODORO!



3 REPEAT x 4 POMODOROS
Then take a longer break

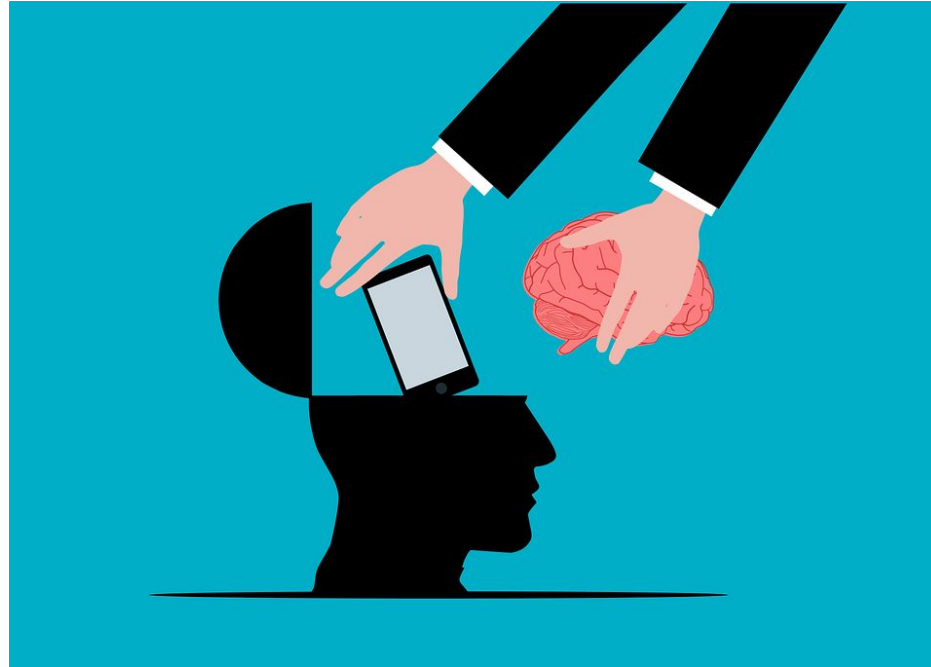


CONCEIVED BY FRANCESCO CIRILLO

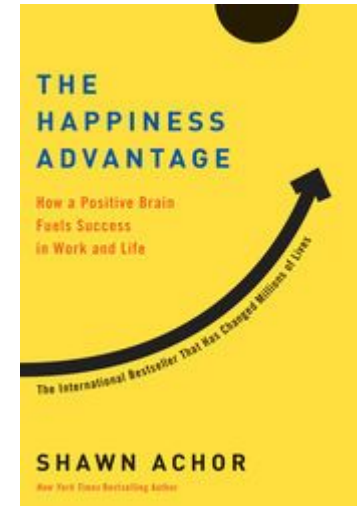
sketchplanations

Brain Drain: The Mere Presence of One's Own Smartphone Reduces Available Cognitive Capacity (Ward et al., 2017)

PUT YOUR
DEVICES IN
ANOTHER
ROOM!

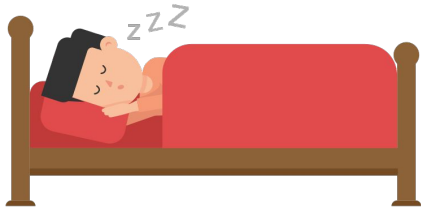


USE THE
20-SECOND
RULE



<https://www.ebooks.com/en-hk/472459/the-happiness-advantage/achor-shawn/>

Plan little energy boosts in your day



<http://clipart-library.com/>



(Immediate) Benefits of Physical Exercise

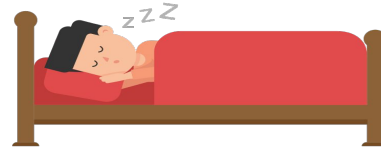
Release of endorphins & dopamine (feel **happier**)



Reduces chemicals related to **stress** and **anxiety**



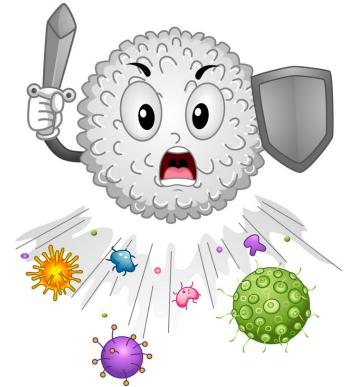
Improves **sleep**



Improves **memory** & **attention**



Improves **immune system**



THE PSYCHOLOGY OF EXAM-TAKING

1. General reminders
2. LS & Economics

Johnston

Yr.1 Bachelor of Education (English Language Education)

Health is underrated!

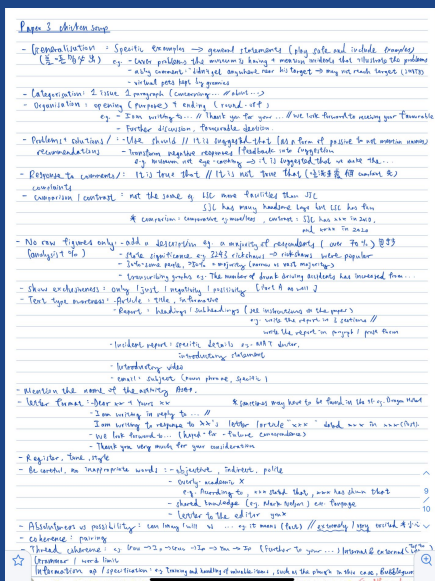
- **Have a proper sleep schedule**
 - It's not just about sleeping enough, but also about your biological clock!
 - Enough rest is very important to have a clear mind
 - Relax and wind down~
- **Stay physically-ready**
 - The exam schedule is packed and demanding
 - Exercise and eat well, especially for S6 students! Start living healthy now!



How to remember things better?

- Keeping a log book is really useful

- Note down mistakes that you have made, visit them before you work on a new paper.
- You keep reading your own mistakes, hence more likely to remember them (Repetition)



- **Generalisation**: Specific examples → general statements (play safe and include examples)
 - (语气重覆 回 先) eg. - cover problems the museum is having + mention incidents that illustrate the problems
 - only comments: "didn't get anywhere near his target" → may not reach target (2017B)
 - virtual pets kept by grannies
- **Categorisation**: 2 issue, 2 paragraph (concerning... about...)
- **Organisation**: opening (purpose) + ending (round-off)
 - eg. - Don't write to... // Thank you for your... // We look forward to receiving your favourable
 - Further discussion, favourable decision
- **Problems + solutions**: Use should // It is suggested that (as a form of passive to not mention names)
 - transform negative responses / feedback into suggestion
 - eg. museum not eye-catching → it is suggested that we make the...
- **Response to comments**: It is true that // It is not true that (语气重覆 回 complaint 先)
- **complaints**

Subject-specific: Liberal Studies

- There are things to revise
 - Others are lying when they say Liberal Studies does not require revision
 - Six modules of concepts' worth of materials
- Make your own notes
 - Textbooks contain either irrelevant information or too much
 - Decide for yourselves what is important and what is not
- Use short forms and acronyms

4. Identity

4.1 Types

- Local identity : based on HK
- National identity : based on country (China)
- Global identity : global scale
- Mixed identity

4.2 Factors affecting identity

- Social development
 - Socialization agent
 - Social system eg. local museums
 - Education, NGO promotion
- Economic development
 - local eg. 20th century 'Made in HK' quality
 - global eg. International business hub
- Political development
 - understanding, awareness, participation
 - level of political development eg. freedom of press : sense of belonging
- Cultural development
 - Traditional culture eg. Bruce Lee, Anita Mui, Leslie Cheung
 - Popular culture
- Historical development & input of government
 - degree of understanding
 - results of understanding
 - multiple identities 社經政支歷史

3. 'Three major differences'

(三(區)三)

- Rural-urban disparity (hukou system)
- East-west difference - Special Economic Zone
 - open coastal cities
 - Having some regions dev. first
- Disparity among social strata - SOE (private enterprise)

4. 'Jannong'

(三(農)三)

By: early 1970s 'rural open subsidised cities'

- Agriculture : - limited capital
- low level of mechanisation

D. Cultural Globalisation

1. - Exchange

- 1.1) Information / Interpersonal Exchange technology →
- Cultural exchange
 - Cultural integration
- eg. Youtube, aviation technologies

2. - Organisation

- 2.1) TNCs - international trade
- 2.2) TV media - selling of cultural products
- * Cultural infiltration ←
- 2.3) International organisations : cultural exchange
- eg. NBA, F-100 protocols, AIESEC

Subject-specific: Economics

- Economics

- Work with friends and teachers as often as you could

- The questions are rather diverse

- I like studying by myself but I spent the last few days before Economics exam doing practice papers with friends, and I still managed to explore new things

- DBQ involves social issues like Transport subsidy and Increasing toll fees

- Watch more news and you may be inspired

DSE 2020

For part (e), candidates are required to present their answers in an essay form. Criteria for marking will include the use of sources and economic theories, relevant content, logical presentation and clarity of expression.

(e) Suppose there are two cross-harbour-tunnel-toll adjustment proposals to relieve the problem of congestion:

Proposal I	The government raises the toll of the CHT (紅隧) for private cars to \$75.
Proposal II	The toll of the WHC (西隧) for private cars is reduced to \$20.

With reference to the above sources and your own knowledge in Economics, discuss which proposal, proposal I or II, each of the following groups of stakeholders would prefer:

- the owners of the WHC company
- the politicians who are concerned about the income inequality in Hong Kong
- the government economists who are concerned about government revenue and/or expenditure
- ONE other group of stakeholders

DSE 2019

April 2018:
The US planned to charge 25% tariffs on imports from China worth USD 50 billion.

April 2018:
China planned to charge 25% tariffs on imports from the US worth USD 50 billion.

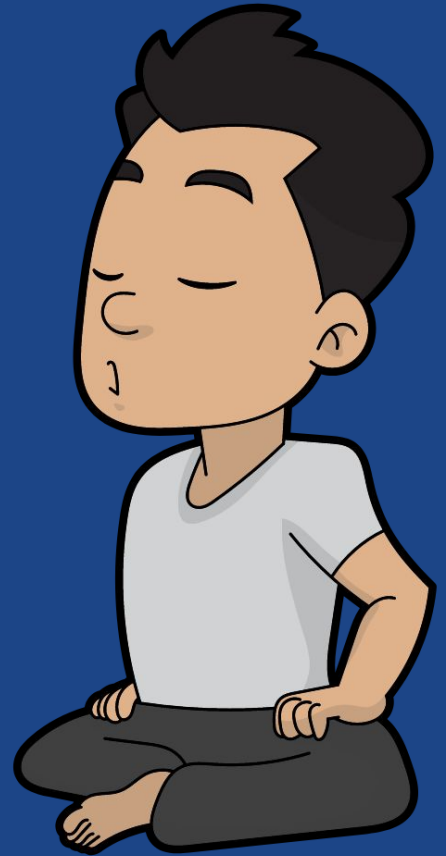
July 2018:
The US planned to impose an extra 10% tariff on a list of USD 200 billion of Chinese imports, which would rise to 25% afterward.

July 2018:
China planned to impose an additional retaliatory tariff on products originating from the US (worth USD 60 billion).

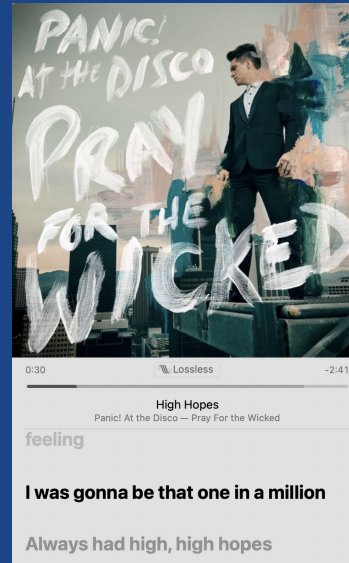
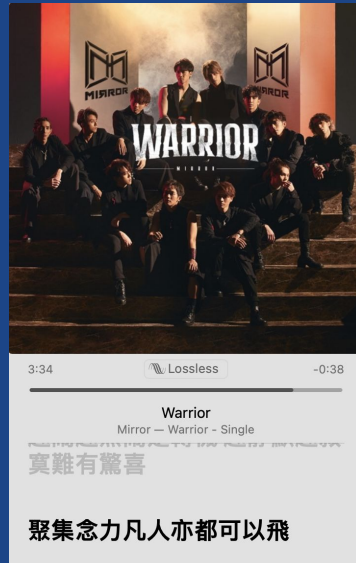
The infographic features a hand pointing to the US map and another hand pointing to the China map, with text boxes detailing trade actions from April and July 2018.

For S6: Last-minute tips

- **It's never too late**
 - If you feel you are not yet hard-working enough, engines on now!
- **At this stage, it's not just about who studied the most**
 - But also about your mental quality!
 - If you feel too worn out, take a quick break to reset yourselves



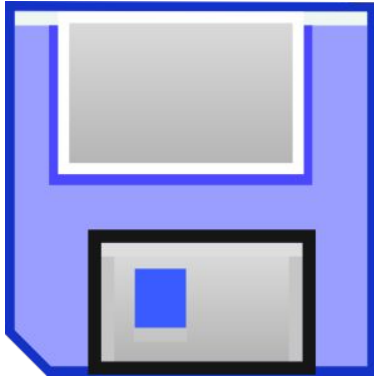
- Build your own habits for studying
 - There is no 'best' or 'model' way
- It's not easy, and your mental health is just as important as your grades!



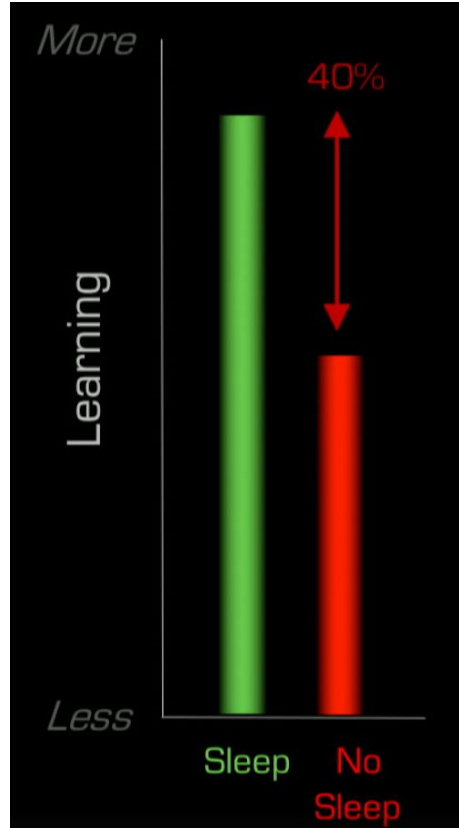
3. Sleep & Nutrition



Sleep & Learning



Save button



Sync button

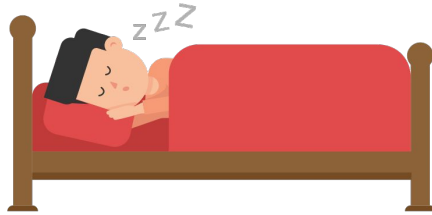
Sleeping Tips

10p.m. - 12a.m.

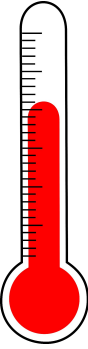


Consistent sleep routine

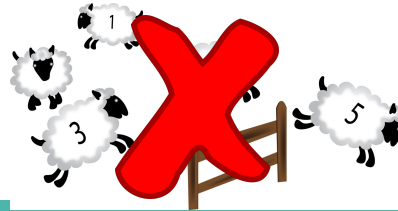
Avoid electronic gadgets 1 hour before



~18c room temperature



Limit caffeine (and energy drinks) after 3p.m.



Leave your bed and do something "boring" if you can't sleep

Non-Sleep Deep Rest (NSDR)

What is NSDR?

https://www.vastdiversity.com/nsdr-recharge-brain/#Non-Sleep_Deep_Rest_Review



<https://www.youtube.com/watch?v=pL02HRFk2vo>

Non-Sleep Deep Rest (NSDR): A Science Supported Tool for De-Stress and Relaxation (20 mins)



https://www.youtube.com/watch?v=M0u9GST_j3s&t=48s

Yoga Nidra - Guided Meditation to Relax | 10min

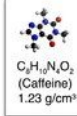


<https://www.youtube.com/watch?v=7H0FKzeuVVs>

Yoga Nidra 20 Minute Guided Meditation



The Caffeine Poster



Discovered in 1819 by German chemist Friedrich Ferdinand Runge, caffeine is a crystalline xanthine alkaloid that is a psychoactive stimulant drug.

Coffee

Drinks

Caffeine Intoxication, also known as "the jitters", usually occurs after consuming 300mg of caffeine



Starbucks Tall Coffee, 12oz cup

SEP 29
September 29th
is National
Coffee Day



Einsteiner Bros. Coffee, 16oz cup



Caribou Small Coffee, 12oz cup



McDonald's Large Coffee, 16oz cup
Dunkin' Donuts Coffee, 16oz cup



Coffee (Brewed), 8oz cup



Coffee (Espresso), 1.5oz cup



Coffee (Instant), 8oz cup



Coffee (Decaf), 8oz cup



JOLT Energy, 12oz can



NOS Energy Drink 16oz can



Global consumption of caffeine has been estimated at 120,000 tons per year, making it the world's most popular psychoactive substance.

Monster or Rockstar, 16oz can



Starbucks Doubleshot • Coffee, 16oz can
Pull Throttle, 16oz can



Starbucks Doubleshot, 6.5oz can



Red Bull Energy Drink, 8.3oz can
Amp Energy Drink, 8.4oz can



Mountain Dew, 12oz can



Diet Coke, 12oz can



Coca-Cola Classic, 12oz can



Sprite or 7-UP, 12oz can



<https://www.fastcompany.com/1512272/caffeine-poster-charts-your-morning-buzz>

Balanced
“fixed” diet

Have breakfast
on the day of
the exam

Bring a snack
(if more than
1 exam)



5 FOODS LINKED TO BETTER BRAINPOWER

GREEN VEGGIES



1. Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

FATTY FISH



2. Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid — the protein that forms damaging clumps in the brains of people with Alzheimer's disease.

BERRIES



3. Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows.

TEA + COFFEE



4. Coffee and tea might offer more than just a short-term concentration boost. In a recent study, participants with higher caffeine consumption scored better on tests of mental function.

WALNUTS



5. Nuts are excellent sources of protein and healthy fats, and walnuts in particular might also improve memory, according to a study.

Created by:



www.health.harvard.edu



<https://guardian.ng/features/boosting-brain-power-part-1/>

<https://www.health.harvard.edu/healthbeat/foods-linked-to-better-brainpower>



BRAIN FOODS



Without a healthy diet, it is difficult to concentrate, pay attention, remember and learn. This is especially critical to a child's success in school, and the back-to-school season is the perfect time to make some healthy changes to your entire family's diet and be sure that everyone is getting enough brain food! Eating foods with folate, omega-3 fatty acids and tryptophan are some of the best ways to get the nutrients you need to your brain. Here are some of the best brain foods that you can eat to optimize your brain function:



Whole Grains

folate, B6 and thiamine;
enhance memory and focus



Eggs

choline and protein;
boost memory, concentration
and energy levels



Nuts

omega-3 & 6 fatty acids;
balance serotonin levels,
boost mood



Berries

high levels of antioxidants;
boost brain function



Seeds

omega-3 & 6 fatty acids,
Vitamins A and E;
improve mood and brain
function



Wild Salmon

rich source of omega-3
fatty acids;
improve mood, memory
and concentration



Avocados

healthy fats that boost
concentration and brain
development



Tomatoes

lycopene
(a powerful antioxidant);
helps improve brain function



Red Cabbage

polyphenols
(powerful antioxidants)



Spinach

folate;
increases memory
and concentration



Green Tea

catechines and polyphenols;
boosts dopamine levels
to increase memory and
concentration



Bananas

Vitamin B6, potassium
and folic acid;
increase serotonin and
boost mood



Dark Chocolate

antioxidants and flavonoids;
stimulate increased blood flow to brain resulting in
improved memory and concentration



Dry Beans

Vitamin B5, folic acid and magnesium;
improve brain function

Add as many of these foods as possible into your diet to make healthy changes. You will notice a difference in your ability to pay attention, concentrate, remember and learn—and you will feel better and more energized, too!

<https://i0.wp.com/www.mummyalar.m.co.uk/wordpress/wp-content/uploads/2014/09/brainfood-to-eat-during-exam-preparation.jpg?resize=850%2C1171>

Questions from Registration Form

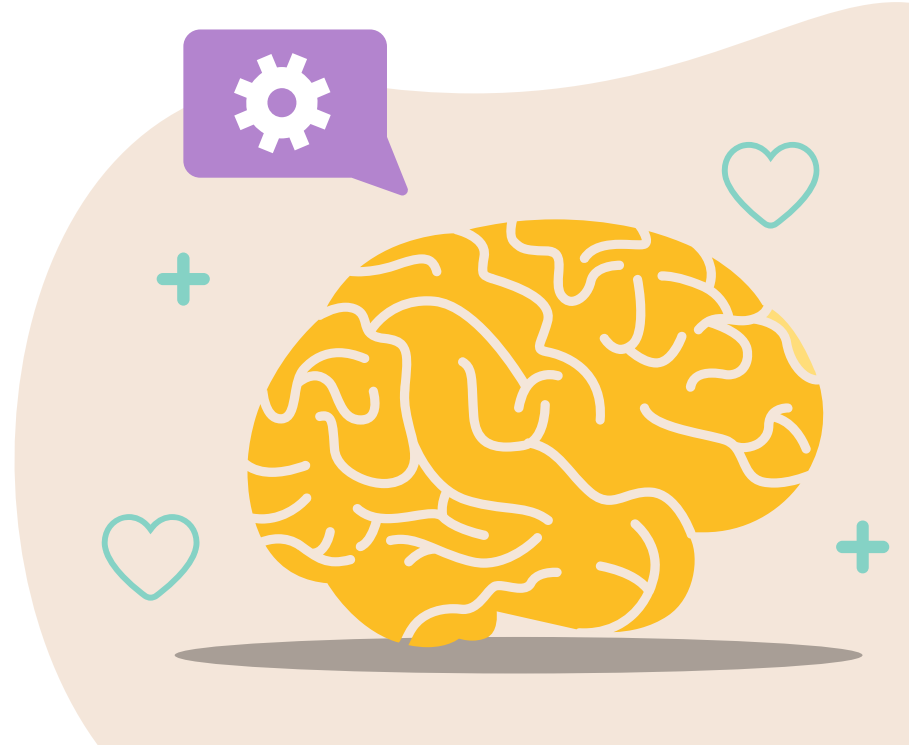
1. How should we tackle procrastination and lack of motivation when studying tough subjects?

My Study Tips & Experiences

Jenny Law

Major: Sociology

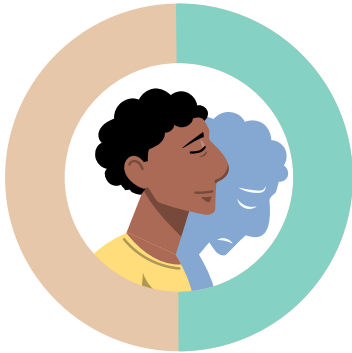
DSE Electives: Biology & Chemistry



Tip #1: How To Stop Procrastinating?

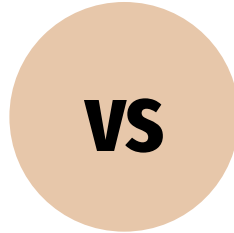
Instant Gratification

Have fun now and
procrastinate



Long-Term Goals

Work now and
do what's best in the long run



Which Headlines Would You Prefer?

1

**Learn French
in 10 Minutes a Day**

**Learn French in Five Years of
Devoted Practice**

1

2

**Become a Web Developer
in Six Weeks**

**Become a Web Developer over
a Career of Lifelong Learning**

2

Turn Your Long-Term Goals into Short-Term Rewards

One Long-Term Goal

Finish 5 years
of Biology past
papers



Several Short-Term Rewards

Goal 2



Go through the
mistakes and
start a new topic

Reward 1



Coffee break

Goal 1



Finish All
MCQs for
One Topic

Tip #2: How to Check Past Papers Properly?



1

Always refer to the marking schemes

2

Read the examiners' reports

**2015 DSE
Biology P1B
Q5(c)**

- (c) Describe how nerve impulses can be transmitted across the neuromuscular junction leading to muscle contraction. (3 marks)

- (c)
- arrival of nerves impulses at the motor nerve ending triggers the release of neurotransmitters / chemical messengers into the neuromuscular junction (1)
 - these neurotransmitters / chemical messengers diffuse across the synapse (1)
 - bind to the receptor sites on the membrane of the muscle fibre (1) to trigger muscle contraction
- (3)

- (a) Outline how the arrival of nerve impulses at the nerve endings of neurone A leads to the contraction of muscle B. (3 marks)

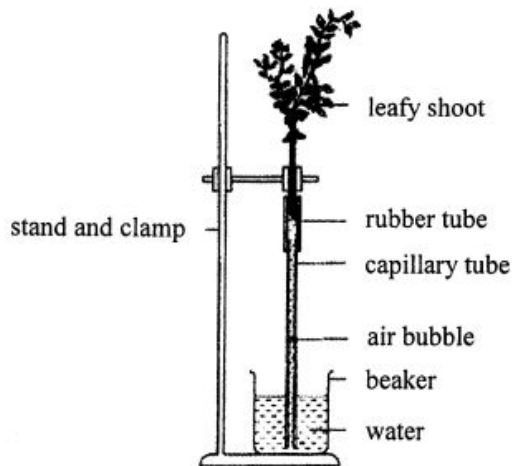
6. (a)
- upon the arrival of nerve impulses, the nerve endings release a neurotransmitter (1) / a chemical
 - which diffuses across the gap between the nerve ending and the muscle fibre (1)
 - the neurotransmitter / chemical will stimulate the membrane of muscle cells (1), resulting in muscle contraction
- (3)

**2012 DSE
Biology
(Sample Paper)
P1B Q6(a)**

Examiners' Report

2013 DSE Biology P1B Q6(b)

6. The following set-up can be used to determine the transpiration rate of a leafy shoot:



(b) Give *one* assumption for using this set-up to measure the transpiration rate.

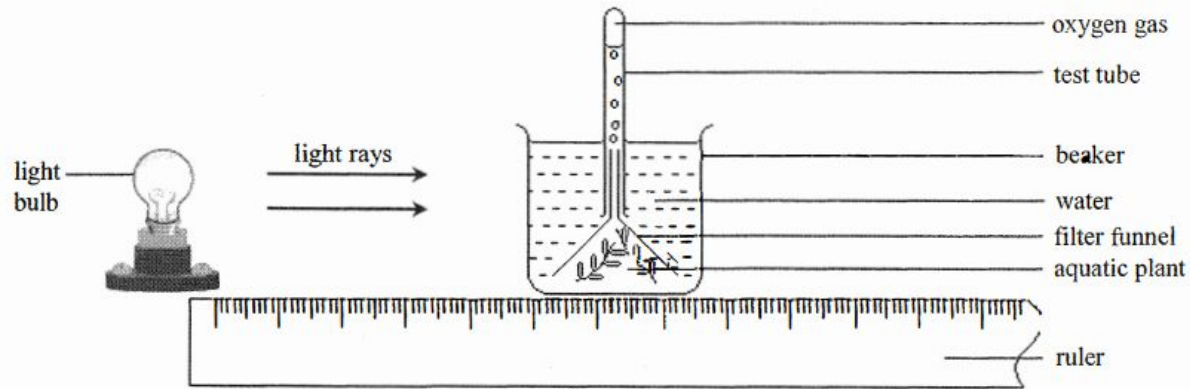
(1 mark)

- (b) Poorly answered. The question aimed to assess candidates' understanding of the assumption based on a familiar experimental set-up. Again, less than one third of the candidates pointed out the assumption which is necessary for using this set-up to determine the transpiration rate of the leafy shoot.

2013 DSE
Biology
Candidates
Performance

2017 DSE Biology P1B Q7(a)

7. The diagram below shows an experimental set-up for investigating the effect of light intensity on the rate of photosynthesis:



- (a) What is the assumption behind using the volume of oxygen released per unit time to indicate the photosynthetic rate? Explain your answer. (2 marks)

Tip #3: Keep Yourself Healthy (Both Mentally & Physically)

1

Keep regular sleeping hours

2

Allow yourself some breaks



**Your Physical and
Mental Health**

1

Your DSE Grades

0

**Your Extracurricular
Activities**

0

Your Resume

0

**Your Interview
Performance**

0

**Thank You &
Good Luck!**

Do you have any questions for me?



4. During the Exam



Questions from Registration Form

1. 如何在考試當天保持最佳狀態？很害怕失手 🤔🙌 [How to maintain my performance on the day? Afraid of messing up!]
2. What is the best way to stay calm and focused during the exam?
3. I always feel nervous before the exam, even suffered from insomnia and vomiting if that exam is a super important one. How can I relax myself? Thanks so much!
4. How to reduce the anxious feeling before the HKDSE?(I always feel stressed and worried about the DSE results that I can get)
5. 考試前一天心態應該係？考試前一日點樣安排溫書同埋休息時間？考試嗰日朝頭早應該幾點起身同做啲咩？ [How should I plan my day the day before the exam? How about on the day of the exam?]
6. Is our first hunch about answering a question better than overthinking and self-doubting and changing the answer we wrote initially?

Managing your stress

Imagine...

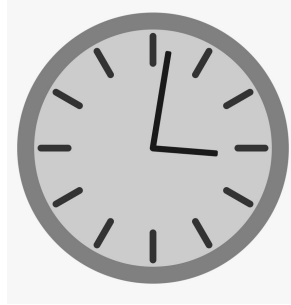
- Your mind goes blank when you try to answer a question
- You get stuck on one question and run out of time to complete the whole paper

Managing your stress - Plan for the unexpected

Imagine...

- Your mind goes blank when you try to answer a question

How you revise; come back to it



- You get stuck on one question and run out of time to complete the whole paper

Circle / star it and come back to it; Plan how to use your time (doing practice exams)

Breathing exercises

Breathe **out** (exhale) to
slow heart rate



Two breaths **in** + **one** breath **out**
= Physiological Sigh



<https://www.youtube.com/watch?v=rBdhqBGqiMc> Reduce Anxiety &
Stress with the Physiological Sigh | Huberman Lab Quantal Clip

You're answering MCQs, and you're unsure whether or not to change your answer...

Conventional "wisdom"

DON'T CHANGE!

QUESTIONS
1- A B C D
2- A B C D
3- A B C D
4- A B C D
5- A B C D
6- A B C D

What studies show...

Table 1

Predicted and Actual Proportion of Answer Changes from Right to Wrong, Wrong to Right, and Wrong to Wrong, Study 1

Answer change		
Wrong to right		
Right to wrong		
Wrong to wrong		

Kruger et al., 2015

First Instinct Fallacy

Benjamin et al., 1984; Couchman et al., 2016

Kim, 2018; Grant, 2021

Post-exam

A student I knew...

Chi - 3

Eng - 4

Maths - 1

LS - 2

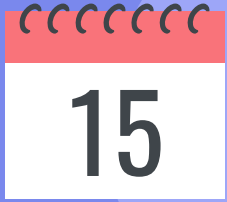
Elective 1 - ABS

Elective 2 - ABS



The Psychology of Exam-Taking

Speaker: Anson Li
(English Language Education Year 1)



01



Daily Routines

During Study Leave

Step 1: Make Plans

Awesome Plan!

Follow it everyday!

I can do it!



Eng 8:30-10:30 / 21:00-22:00
BAFS 11:30-13:00 / 21:00-22:00
THS 13:30-14:30
Math 14:45-15:45 / 16:45-17:45
LS 18:00-19:00
ICT 18:00-19:00
Chin 20:00-21:00

Chin: Lv3-4 Eng: 5-5*
Math: 5-5* LS: 5-5*
BAFS: 5* 5** THS: 5* 5**
ICT: 5-5*

KAKAO FRIENDS

© Kakao IX.

Step 2: Throw out the plan

Can't follow it for a few days

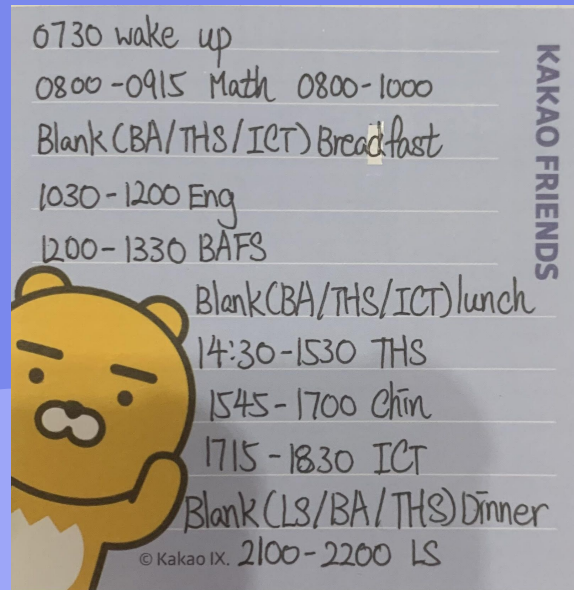
Feel Frustrated

Stopped everything

Keep Revising

Vicious Cycle

The second / third... →



What did I
do in my
daily
routine?





Keypoint to note

Instead of doing stuff in designated time
→ Identify what you want to do everyday

Daily Routine

Three Subjects I want to revise
(I.E. English / ICT / THS)
Plan out how to revise
(I.e. Past paper / reciting)
Studied around 6-8 hours a day





One of the routines

Goal: 2017 English paper 1 / Tourism chapter 1-4 / ICT 2018 paper

English paper 1 in the morning

Break and lunch

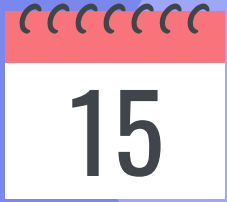
Tourism chapter 1-2 + ICT chapter 1-2

Break

The rest of the chapters

Dinner + Relax

Sleep at around 11

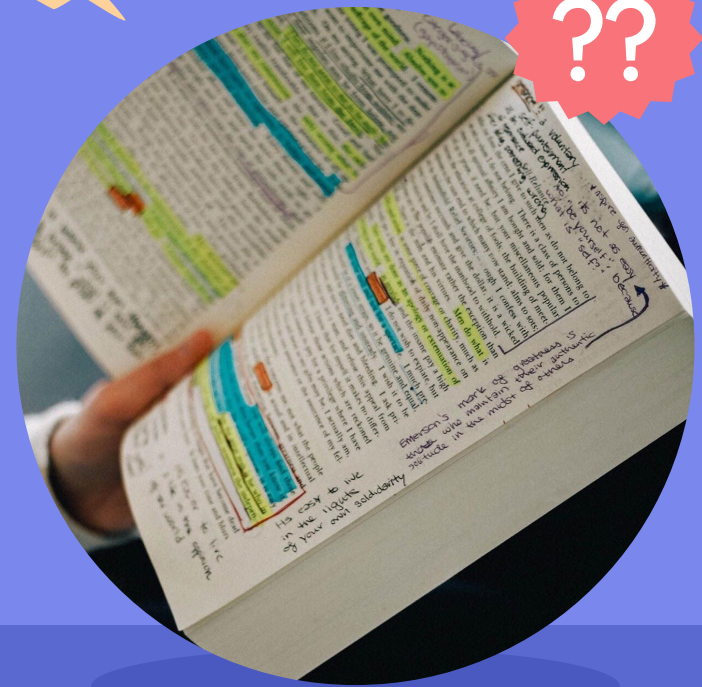


02

Studying Strategies

Strategies to enhance memory





Write and Read

Tourism → 46 chapters

Read it in my head for 3 times

Write a few times

Continue with the next chapter

Come back to the first chapter after 30 mins

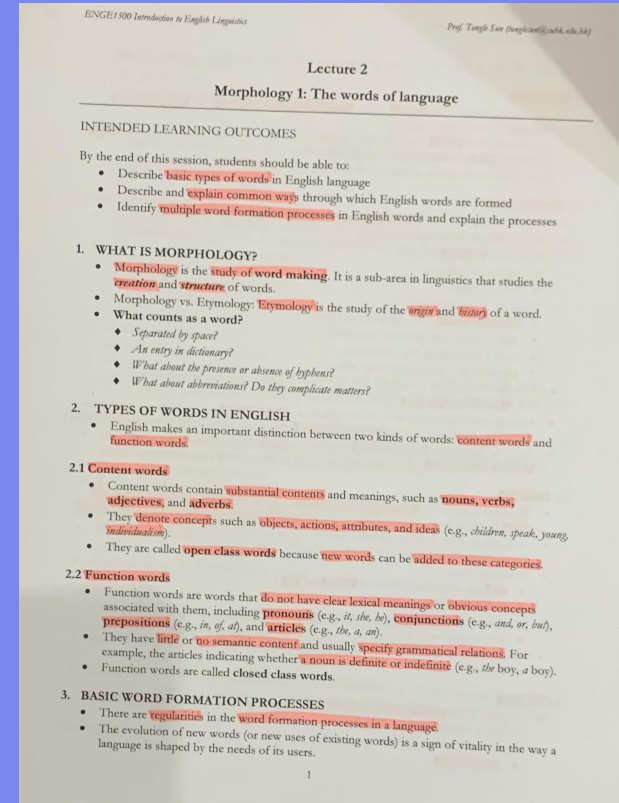


Highlighting Keywords

Identify Keywords

Helps you remember
the important words

Easy to understand





03



Subject Specific Strategies

Mainly on Electives (THS / BAFS / ICT)

Brief introduction of the electives



BAFS

Memorize Theories &
examples
MC + DBQ + Essay



Tourism

Memorize Theories &
examples
MC + DBQ + Essay



ICT

Memorize codes and
basic IT knowledge

Mostly memorization & applying
theories

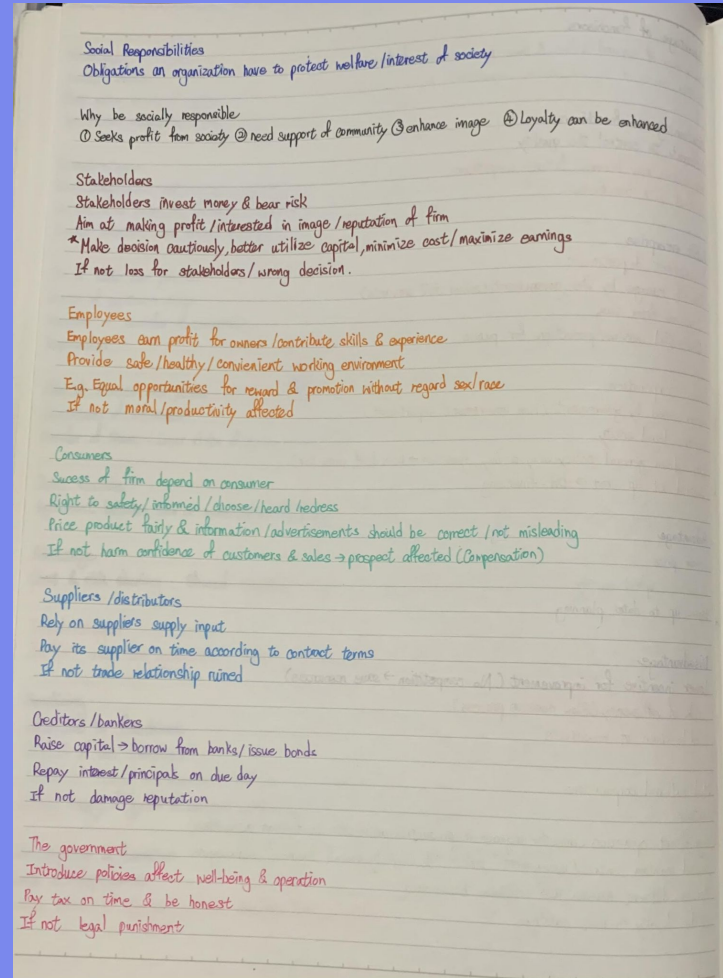


31



Make your own notes

Jot down keywords & memorize
the location of the keywords



Social Responsibilities
Obligations an organization have to protect welfare/interest of society

Why be socially responsible
① Seeks profit from society ② need support of community ③ enhance image ④ Loyalty can be enhanced

Stakeholders
Stakeholders invest money & bear risk
Aim at making profit / interested in image / reputation of firm
→ Make decision cautiously, better utilize capital, minimize cost / maximize earnings
If not loss for stakeholders / wrong decision.

Employees
Employees earn profit for owners / contribute skills & experience
Provide safe / healthy / convenient working environment
E.g. Equal opportunities for reward & promotion without regard sex/race
If not moral / productivity affected

Consumers
Success of firm depend on consumer
Right to safety, informed / choose / heard / redress
Price product fairly & information / advertisements should be correct / not misleading
If not harm confidence of customers & sales → prospect affected (Compensation)

Suppliers / distributors
Rely on suppliers supply input
Pay its supplier on time according to contract terms
If not trade relationship ruined

Creditors / bankers
Raise capital → borrow from banks / issue bonds
Repay interest / principal on due day
If not damage reputation

The government
Introduce policies affect well-being & operation
Pay tax on time & be honest
If not legal punishment

Linking the keywords

Formula for BAFS →

Use a sequence of words

Two dogs who are friends sitting under
a cat then square root

$$EOQ = \sqrt{\frac{2 * F * D}{I * C}} = \sqrt{\frac{2 * F * D}{H}}$$

$$EOQ = \sqrt{\frac{2 * \text{Fixed Cost to Purchase} * \text{Demand Per Time}}{\text{Inventory Carrying Cost Per Unit Per Time}}}$$

Usually the 'Unit of Time' is ANNUALLY, therefore

$$EOQ = \sqrt{\frac{2 * \text{Fixed Cost to Purchase} * \text{Annual Demand}}{\text{Annual Inventory Carrying Cost Per Unit}}}$$

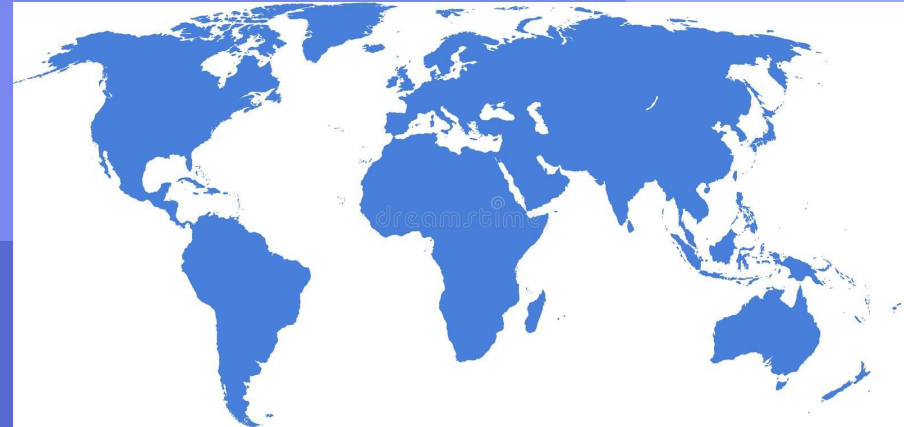
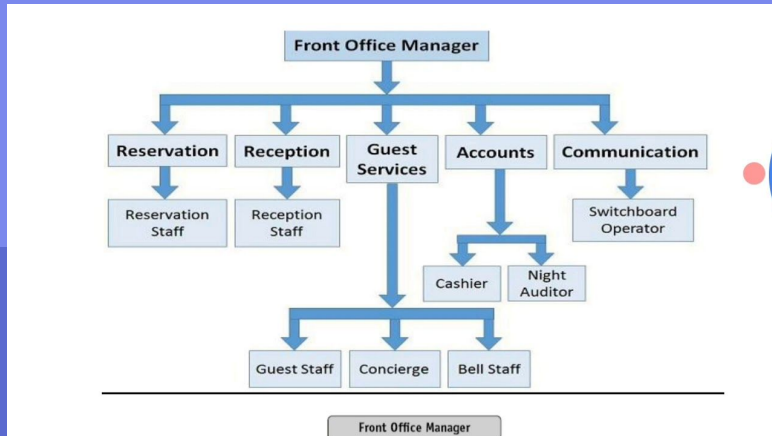
six-sigma-material.com

Visualization

Tourism and Hospitality

Need to memorize world map & Structure of a front office

Try to visualize the world map & the chart in your brain



Something you can do before the exam!

Stay calm and sleep early → Usually get insomnia

Be confident → I can win this/ I can get 5** → Helps u stay calm

For me: Listening to motivating & relaxing music (Terence Lam! Ed Sheeran)

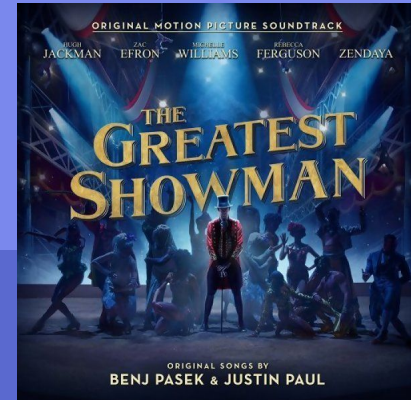
Don't revise too much → makes you more insecure

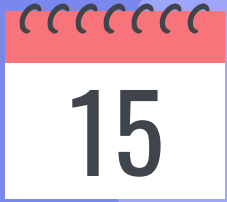
Before the exam

Wake up around 6:00-6:30 → Warm up your brain → Revise one more time

Eat sweets! Eat breakfast! Remember to eat!

Lyrics → Ladies and Gents this is the moment you've been waiting for → Greatest show!





04



Takeaways

**Everyone is in
their own time
zone!**

Don't be afraid if you are different from others!



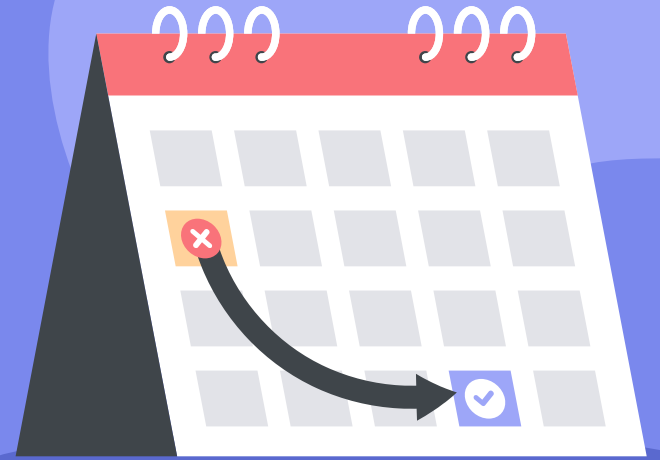
keep
calm
&
**STUDY
HARD**

Thanks!

Email: ansonlinok@gmail.com

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Summary - Do what's best for your brain!

1. Active recall & Spaced Repetition



2. Attention Span?
& 20-second rule



3. Sleep routine



4. Plan for the unexpected
& breathing exercises



Comments about the Webinar

Evaluation Form: <https://forms.gle/Ae9ezbAXrvWat6ZY6>

Feel free to contact us:

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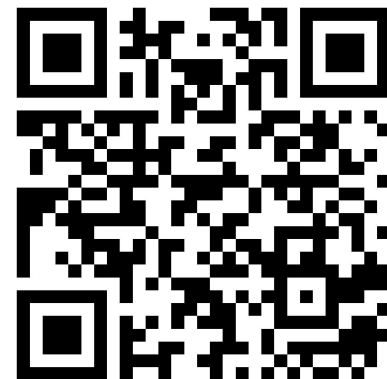
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Sze Wu wulaisheung0622@gmail.com



Q&A

Questions from Registration Form

- 請問教師如何能有效協助學生溫習？例如自製筆記予學生？還是教導學生自行編寫筆記？(How to help students revise? Make some notes for them? Teach them how to make their own notes?)
 - HOW to revise?
 - The more YOU do, the less they do
- **How to help a student who is under great pressure when facing exams?**
 - Conversation to understand the greatest stressors
 - Best possible outcome? Worst possible outcome? Most realistic?
 - Remind them to control what they can control
 - Share this talk with them!

Questions from Registration Form

- **如何有效地學習英文生字？ [How can we learn English vocabulary effectively?]**
 - Use it to learn it
 - In general: Common words used in questions (reading and listening) e.g., words to describe the tone
 - Writing: 10-20 words you really like using which can be easily used in many situations e.g. “irrefutable”

- **Any suggestion for ADHD Students for revising? (They typically forget the study content)**
 - Type?
 - Timing of medicine?
 - Organisation
 - Smaller Chunks
 - All the methods mentioned e.g. Pomodoro technique; reducing distractions; more physical movements

Questions from Registration Form

如果連續兩天需要考選修科的話,在第二天考的選修科應如何溫習以達致最佳效果?
[If I have two electives on consecutive days, what's the best way to plan my revision?]

- Keep revising both even one day before the first exam
- Which one are you most confident about?
- Lunch = the only break on the day of the first exam

Questions from Registration Form

How to develop long term memory for the necessary knowledge, concepts and answering skills in the exam effectively? **[Active recall & Spaced repetition]** Any tips on how to answer the questions faster to finish the whole paper on time? **[Plan time use + skip questions]** Any special skills to guess for the answers in case I don't know how to solve the problem? **[By elimination]** How should electives (human physiology and biotechnology) be revised (the last time I revised them seriously was before mock exam, which was in late February to early March)? Is it possible to clear all the concepts in the electives within the remaining time if I have not had any deep impressions about the electives? What should I do if I would like to get 5* or 5** (I still have many things which I could not memorise or some questions in DSE which I could not understand the reasons to the answers)? 🙏🙏🙏 **[Start revising seriously! Use active recall and spaced repetition. Ask a friend / teacher for concepts not understood. Think about doing the best you can rather than the **]**

Useful resources

Any flashcard app

e.g., <https://apps.ankiweb.net/index.html> Anki

<https://quizlet.com/latest> Quizlet

Videos:

<https://www.youtube.com/watch?v=ukLnPblffxE> How to study for exams - Evidence-based revision tips

<https://www.youtube.com/watch?v=Z-zNHHpXoMM> How to Study for Exams - Spaced Repetition | Evidence-based revision tips

<https://ed.ted.com/lessons/the-benefits-of-a-good-night-s-sleep-shai-marcu> The benefits of a good night's sleep - Shai Marcu

<https://www.youtube.com/watch?v=BHY0FxoKZE> Wendy Suzuki: The brain-changing benefits of exercise | TED

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