Master Resilience Training, Level 1 Course
Academic Performance Tips

Take thorough notes throughout the course.
Most people capture in their notes only 20% of what was said by the instructor. Err on the side of writing more rather than less, and compare your notes to others’ in your study groups to fill in gaps you missed.

Review the material each night.
If you don’t review newly learned material, after 24 hours you lose (you won’t remember) approximately 20% of it. At 36 hours, you’ve lost more than 30% of the material. If you want to remember information, you have to review it within 24 hours of learning it.

Actively study the material.
Just passively reading through material won’t help you remember the information. Instead, engage with the material. Quiz yourself as you go. Find ways to connect new information to what you already know or what you’ve experienced in your own life.

Study with your peers.
There is value to working with others. Form a study group of 4-6 people. Arrive prepared and start by creating a plan to accomplish a studying task. Great ideas: practice teach to one another (including giving instructions for completing practical exercises, setting up/debriefing videos, and doing any demos) and get feedback. Create self-tests or quiz each other on the material. Sideline off-track conversations that don’t further the work of the group.

Study in Power Hours.
Before you begin: Plan when you’ll study and determine an effective study location
2-5 minutes: Set your study target (What do you already know? What do you need to know? What information is most critical?)
5 minutes: Establish your study action (What actions do you need to take to reach your target? How do you need to study?)
30 minutes: Study with a purpose (engage with the material)
10 minutes: Review the material you studied
10 minutes: Take a break and recharge before starting another Power Hour

Make sleep a priority.
When you sleep your brain consolidates material that you learned that day. To maximize learning, get enough sleep throughout this course.

DID YOU KNOW?

These tips are compiled from CSF2 Academic Performance Training, one of the additional offerings at your local CSF2 Training Center.
Get a good night’s sleep before the test.
Good sleep enhances memories of what you’ve studied, so that the next day, what you learned has even more power.

Listen carefully to the Test Administration Guidance before the test begins.

Skim through the entire test before you answer any questions.
Orient yourself to the layout of the test and the kinds of questions it contains so nothing catches you off guard when time is running out. Remember, you can start with any test question, not necessarily at question #1. (You might start with the section that looks the most difficult, just to get it out of the way. Or you could pick the questions that look easy to you in order to get a confidence boost. During your test preparation, think about the strategy that makes the most sense to you.)

Keep track of your time.
Be aware of how much time you have and how many questions you have left. Manage your time so that you can answer every question.

Skip a question if you don’t know the answer.
Maybe you’ll remember the information later, or maybe you’ll find the answer inside another question. Just make sure you don’t get confused on your answer sheet, and actually return to and finish any questions you skipped before you finish.

Tips for multiple choice questions:
- Read the entire question at face value.
- Identify strategic words in the question (“all,” “none,” “except,” etc.).
- Try to come up with the answer in your head before you look at the options.
- If you have a rationale for changing your first answer, your new answer is probably right...otherwise you’re probably better off sticking with your first instinct.

Use Deliberate Breathing and RTR before and during the test as needed.

Write about your concerns.
If you have jitters before the test, take a few minutes before the test session begins to write about how you’re feeling and what you’re thinking. Research shows this technique helps anxious test takers perform better.

Information about THIS Test:
- The questions will be multiple choice, true/false, and matching.
- You will not be able to write on the test. Please ask for scrap paper if you want or need it.
- You will have 90 minutes to complete the test.