

What it takes to pass your first exams...

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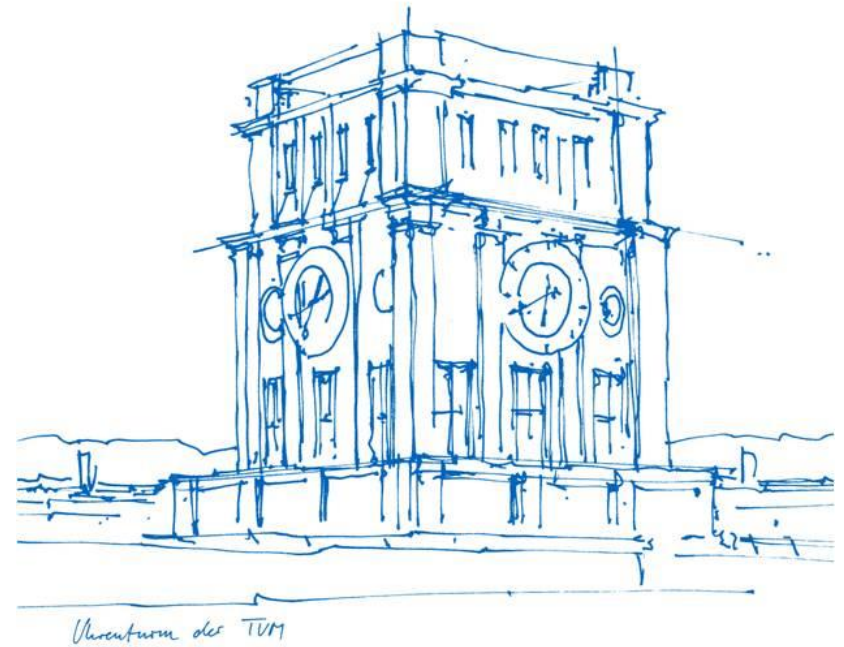
Academic Coaching

Lern- und Prüfungscoaching

Munich, October 2nd, 2019



Welcome to TU Munich



Change...

Do not underestimate the amount of change taking place in your life right now

- ✓ New learning environment
- ✓ Meeting lots of new people and making new friends
- ✓ Being responsible for yourself and your schedule

- ✓ Possibly living in a new city and on your own
- ✓ Possibly having to earn your living
- ✓ Possibly getting used to a new culture



Buzz Groups

Turn to the neighbor on your right and discuss

3 minutes total

1 minute per person:

- ✓ Introduce yourself
- ✓ What are the changes that you are going through right now?
- ✓ What are you most looking forward to?
- ✓ What do you see as a challenge?

1 minute general discussion



A new way of learning

✓ Learning in school is like training for a sprint run



✓ Studying in university is like training for a marathon



5 rules for a successful university start

- ✓ Take studying seriously from the start
- ✓ Manage your time
- ✓ Develop an exam strategy
- ✓ Explore your learning style
- ✓ Take care of yourself and have fun



Take studying seriously from the start

- ✓ Take on just enough courses
(not too few, not too many)
- ✓ Develop a studying routine from the start
- ✓ Review your approach from time to time



A semester is shorter than you think...

School year

September

July



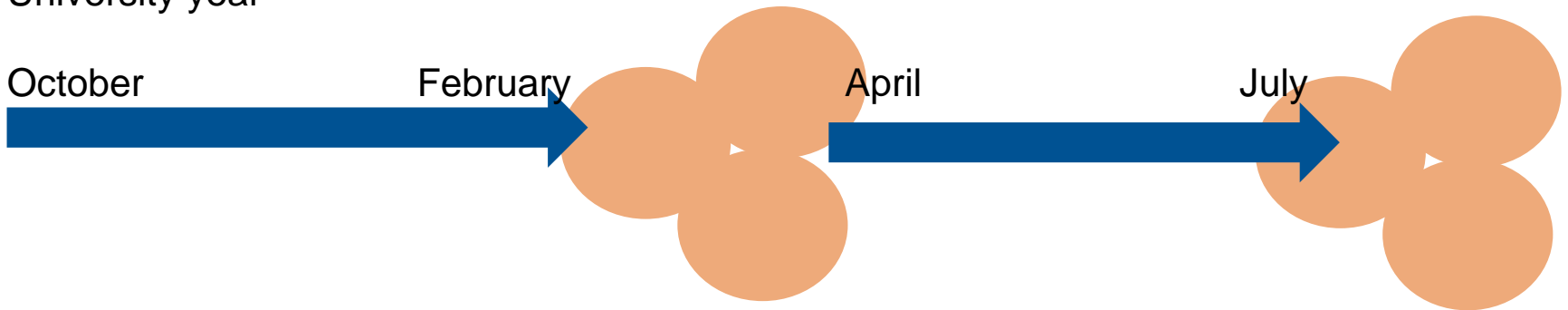
University year

October

February

April

July



Manage your time... you are the boss

- ✓ You decide when you learn and when you don't
- ✓ You decide to go to lectures or skip them
- ✓ No more parents, teachers, bosses, etc. telling you what to do and when
- ✓ It is a great freedom but also a great responsibility

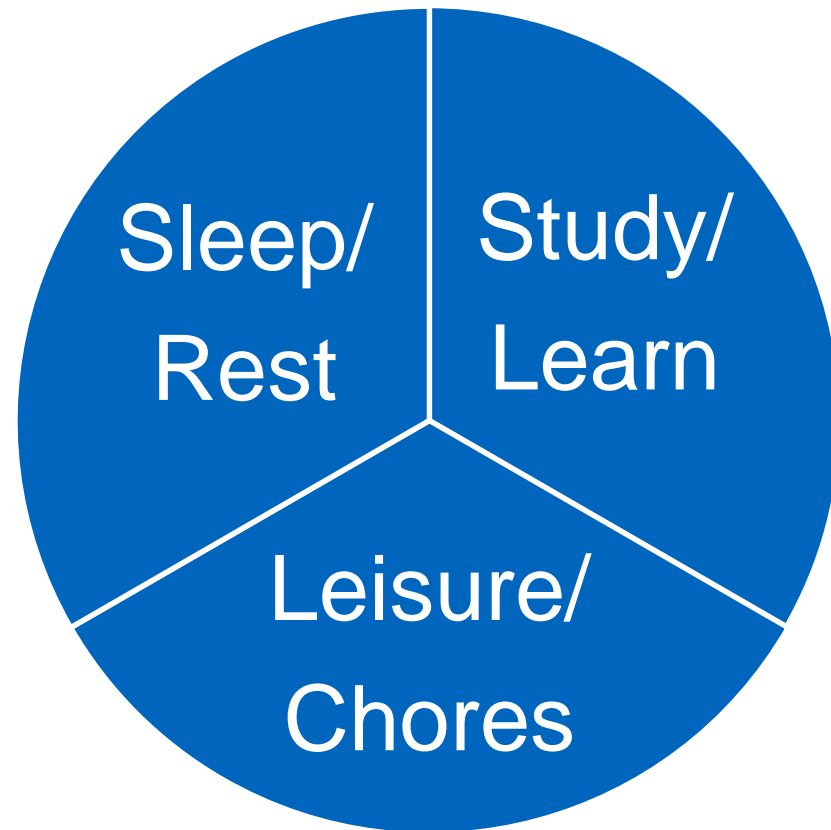


You are a full time student...it's your job

Rule of Thumb for a
normal study day:

8/8/8 hours

5 days a week



Make a weekly plan

- ✓ Schedule your courses
- ✓ Schedule your learning times
- ✓ Schedule your leisure times
- ✓ Leave time for unexpected events

	Mo	Tu	We	Th	Fr	Sa	Su
Early Morning							
Morning							
Lunch Break							
Afternoon							
Evening							

Develop an exam strategy...

Exam Strategy

Studying

Training

Tactics

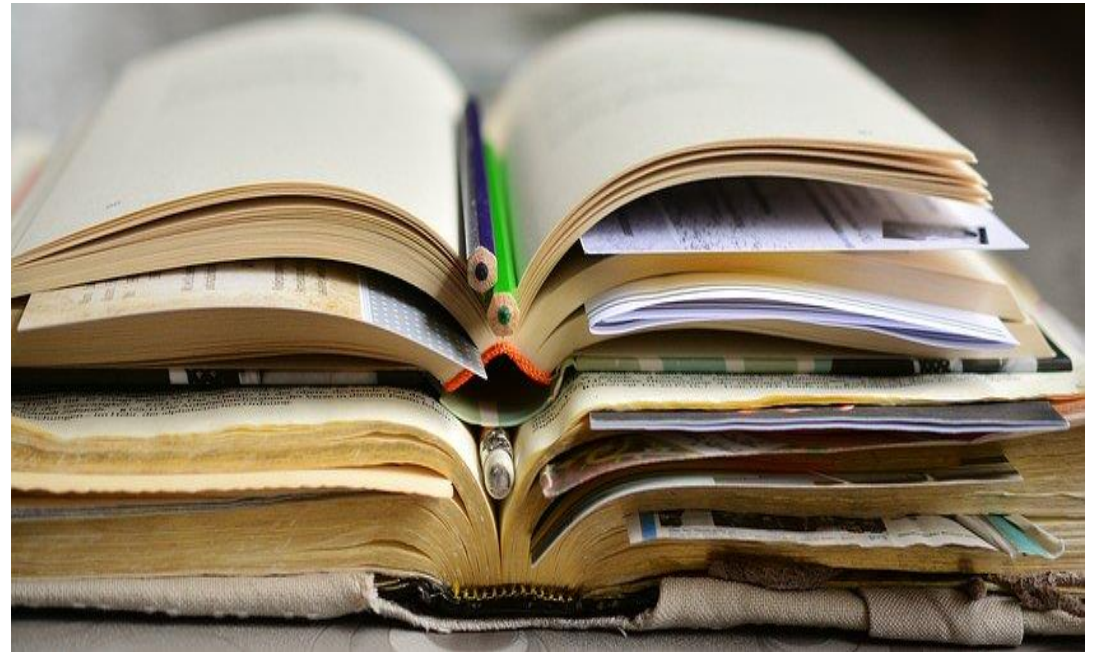
Studying

Studying

Training

Tactics

- ✓ Start learning early enough
- ✓ Make a list of all the material that you need to learn
- ✓ Create a plan
- ✓ Identify the optimal learning method for a given subject



Training

Studying

Training

Tactics

- ✓ Make sure you know what the exam consists of (Multiple Choice, open questions, calculations....)
- ✓ Test yourself on old exams or mock exams
- ✓ Practice dry runs... mock exams under exam conditions



Tactics



- ✓ Know what you want to achieve in the exam
- ✓ Review what gives you the most chances to succeed
- ✓ Take a minute to review the whole exam before getting started
- ✓ Take a watch to time yourself



Explore your own learning style

A few questions to get you going

- ✓ Are you a morning or an evening person?
- ✓ How long are your learning intervals?
- ✓ Do you like to work with others or on your own?
- ✓ What is your preferred learning environment?
- ✓ What are your procrastination hot buttons?



Buzz Groups

Form a buzz group of 2 and discuss your learning style

4 minutes total

1 minute per person

Then compare



Take care of yourself and have fun

- ✓ Enjoy your studies and student life
- ✓ Make sure to take care of your health
(Sports, food, enough sleep etc.)
- ✓ Review your strategy on a regular basis
- ✓ Make new friends and stay in touch with
old ones
- ✓ Get involved
- ✓ **Ask for help when you need it**

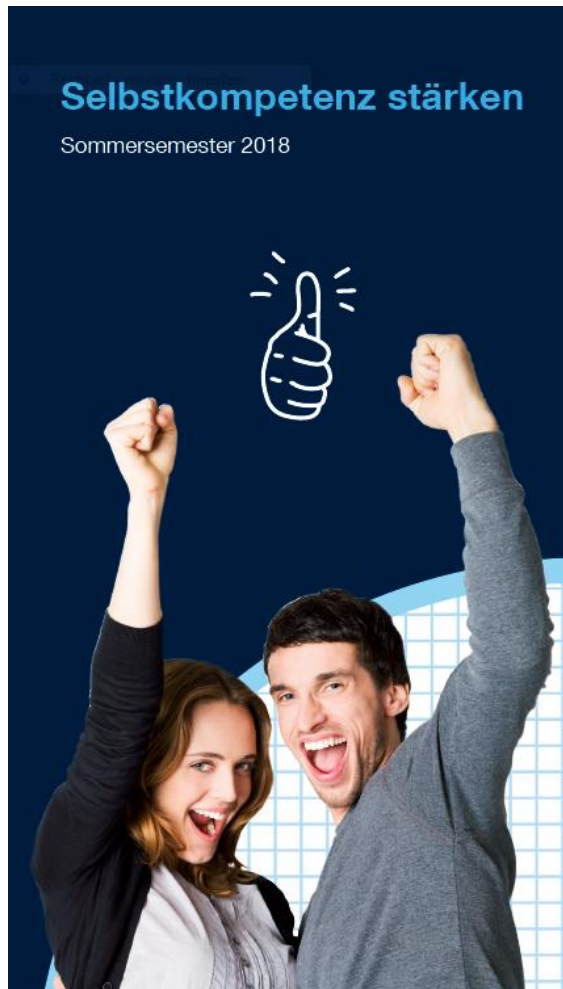


Summary: What you need for a good start

- ✓ Take studying seriously from the start
- ✓ Manage your time
- ✓ Develop an exam strategy
- ✓ Explore your learning style
- ✓ Take care of yourself and have fun



Our Coaching Offer



We offer support for all Bachelor and Master students who want to improve

- their learning habits
- their productivity,
- their preparation for exams

Contact us at
lerncoaching.ssz@tum.de

- ✓ Full confidentiality
- ✓ No cost

Academic Coaches



Kirsten Bannert



Bettina Hafner



Marein Orre

Send an email:
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Thanks for Listening

Have a great start at TU Munich!

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München, 2. Oktober 2019

