What it takes to pass your first exams…

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Academic Coaching
Lern- und Prüfungscoaching
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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

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

Trust Yourself! Be a Boss!
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
Develop an exam strategy…

Exam Strategy

Studying  Training  Tactics
Studying

- 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

- 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

Marein Orre, Academic Coaching, TUM
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: lerncoaching.ssz@tum.de
Thanks for Listening

Have a great start at TU Munich!

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München, 2. Oktober 2019