

# PAA TIP OF THE WEEK

BY: ANNIKA KRUSE '20 AB



## POST-MIDTERM REFLECTION AND ACTION STEPS!

Welcome back from fall break Forbesians! Hope you all had some time for rest and relaxation after the stress and craziness of midterms week. As we all start receiving our midterm results, we may find ourselves a bit surprised by these outcomes.

**Here are a few tips to help you process your results:**

- **Don't panic!** You are at school with the best and the brightest so it is perfectly okay not to receive the top grade in every class! This happens to EVERYONE, especially during first-year fall. Don't stress...your midterm grade does not define how you will do in the class overall, it is just a tool for rethinking your approach to the second half of term.
- **Reflect on how you studied for the exam**—maybe you need different studying strategies from high school. Did you focus on the textbook readings or lecture slides? Did you cram it all in the night before or spread things out over a few days?
- **Modify the way you study**—talk to other peers in class and see what they did to prepare for the exam. McGraw also has excellent resources to help you modify your approach including **Principedia, Academic Strategies Workshops and Learning Consultants**. Use them!
- **Take advantage of office hours**—this is the best way to know exactly what material you are expected to know for the exam! Whether you go meet with a TA or head professor, you can use the time to review and expand your understanding of the material. It is also an important signal to the instructor that you are fully engaged in their course...definitely go to office hours!
- **Study in groups**—it is often helpful to go over major course concepts, readings, and psets with fellow classmates. You can create your own study groups or attend **Group Study Halls in McGraw**. Collaborative study is encouraged here but you should always check your syllabus to be clear about your instructor's policies on this!

**For additional academic support, check in with your PAAs  
or have a chat with Dr. Andrews**

