



Week 9: Preparing for Midterms

Topic Focus

What are midterm exams and how do you prepare for them?

Midterm exams take place halfway through the course, in the middle of the semester. They will usually cover everything in the course up to that point and can be in many different formats. Midterms can be 20% or more of a student's final grade. Consequently, it is very common for students to experience testing anxiety over their midterm(s).

Encourage students to use notes from class as well as past exams and quizzes when they study. It can be difficult to find time to study when students have multiple classes and extracurricular activities, so encourage students to establish a study schedule for themselves to stay on track.

Discussion Starters

Consider starting the discussion by asking:

- When is your midterm exam?
- Have you reached out to your professor about your midterm exam?
- How do you normally study for upcoming tests?

Discussion Questions

To guide this week’s discussion, consider asking some of the following questions:

- What percentage of your final grade is your midterm exam?
- Do you know what the midterm exam will cover and the format it will be in?
- Do you have a group or a study buddy to work with?
- What materials do you need for the exam?
- How many hours do you study per week?
- What materials could you use to study for the midterm?

Student Name:

Course:

Notes

Next Steps

To prepare for next week, ask students to:

- Set up their study schedule for two weeks prior to the midterm exam.
- Plan to study for 1–2 hours each study session.
- Practice self-care.