

Emergency Test Preparation (Cramming)

Skills Enhancement & Tutoring Center

A structured approach to cramming

- Preview material to be covered
- Be selective -- skim chapters for main points
- Concentrate on the main points

Begin with 5 sheets of paper:

1. **Identify 5 key concepts** or topics that will be covered on the test
Enter one at the top of each page
Use only key words or short phrases
2. In your own words, **write an explanation, definition, answer**, etc.
Do NOT use the text or your notes
3. **Compare your response of (2)**
with the course source information (text and lecture notes)
4. **Edit or re-write your understanding** of each topic
considering this course information
5. **Sequence and number each page of your topics**
1 - 5 in order of importance; 1 = most important
6. **Follow the above process** for two additional concepts
if you have time
7. **Place them in the 1 - 5 sequence** and change numbering to 1 - 7
8. Follow the above process for one or two more concepts
for a **total of nine**.
Follow your comfort level; add topics only as necessary
9. **Try not to exceed nine concepts; focus on the most important**
10. **Review the day of the test, but try to relax just before**

Derived from Miller, George A., *The Magical Number Seven, Plus or Minus Two: Some Limits on our Capacity for Processing Information*, (1956) Harvard University First published in *Psychological Review*, 63, pp. 81-97 as seen in Green, Christopher D. Green, *Classics in the History of Psychology*, York University, Toronto, Ontario, <http://www.yorku.ca/dept/psych/classics/Miller/> (10/13/1999).

S
E
T
C

→ Figuring it out together →

www.setc.pdx.edu