



Bishop Stang High School

Midterm Exam Guide

Studying for Midterm Exams can seem a bit overwhelming at first, but with some good preparation, it's not that bad. Here are some of our best tips that may work for you!

- **Don't leave all of your studying until the night before the exam!** Trust us, it doesn't work well. Do a shorter review in each subject a few nights a week. Review previous tests, especially essay questions. Make sure that you now understand anything you got wrong before. Ask your teachers for clarification for anything you don't understand.
- **Fill in your Study Guide.** Your teachers will give you study guides for your exams before Christmas break. Use them! Some students find it helpful to make a study group with a few friends to fill it out together. You'll often find that things you didn't understand well, someone else can explain and vice versa. Make sure you do this early, so you can talk to your teacher about anything you all need more review on.
- **Use Flex Period.** Take advantage of Flex to study and work on your study guides. If you need teacher help, ask if you can get a pass to meet them during a Flex period to go over your questions.
- **Skim through your textbook.** Make a list of topics/chapters you have questions about or need to do a more thorough review of.
- **Block out distractions:** Try using headphones to block out distractions you can't escape from and turn your cell phone off while you are studying. You know how you study best, but no one studies well while watching TV or texting friends. Without distractions; you'll study more efficiently.
- **Set up your study space:** Collect everything you'll need before you start studying so you don't need to keep getting up to get something (bottle of water, pen/pencils, highlighter, extra paper, index cards, post-it notes, etc.)
- **Study-breaks.** When studying, give yourself regularly scheduled breaks; get a snack or just stretch. Try studying for 45 minutes, then take a 15 minute break, study for 30 minutes, take a 10 minute break, and study for 20 minutes. Just be sure to do something that you'll be able to easily pull yourself away from to go back to studying.
- **Exchange contact info with a classmate** so you have someone to contact when you come up with questions at home. You can always email your teacher as well.
- **Use index cards or an app like Quizlet.** Memorizing/studying vocabulary and dates goes faster if you rewrite them, so make your own quizlets and cards! Make index cards to outline points for potential essay questions too.
- **Stay healthy!** Midterm exams fall right in the middle of cold & flu season. Wash your hands frequently, get enough sleep, eat well and drink lots of water. Also, bring a healthy snack to eat between exams.
- **Non-uniform:** Exam days are non-uniform. Dress comfortably, but remember, modesty is our policy!
- **Half-Day:** Students only need to be here for their exam times. If you are here and do not have an exam scheduled, you will report to the Library for a quiet study. Students are allowed to leave when their exams are done or they may stay in the Library or Cafeteria until they are picked up. If you do not have a morning exam scheduled, you can come in just for your second exam!
- **Bus Schedule:** Buses will leave at 11:30 am after the second exam. CHECK THIS
- **Accommodations:** If you have an approved accommodation plan that gives you 50% extended-time for testing, you will have 2hrs and 15 minutes per exam, which means you may finish closer to 12:30pm.

2022 Midterm Exam Schedule:

Tuesday, January 18th

Wednesday, January 19th

8:00 am – 9:30 am

THEOLOGY

ENGLISH

9:50 am – 11:20 am

WORLD LANGUAGE

MATHEMATICS

Thursday, January 20th
Friday, January 21st

SCIENCE
BUS./HEALTH/FINE ARTS

SOCIAL STUDIES
CONFLICT/MAKE-UP