Study Habits & Exam Stress

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Problem
WPI students experience significant stress during exam periods.

Hypothesis: Exam preparation is a main cause of exam stress.

Solution
Web-based survey of undergraduates on how they study and when / why they feel stressed.

Use results to help improve exam preparation and reduce stress.

Chapter 1: Stress & Studying

Study Habits

Exam Prep

Stress

Figure 1

Chapter 2: Results

N=112 WPI undergraduates.

More Results
36% always use practice tests when studying.
52% stress within a week before an exam.
72% say anticipating exam material stresses.

Conclusions
Professors should schedule more office hours the week before an exam.
Professors should post past and/or practice tests to help students study effectively.

References:

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