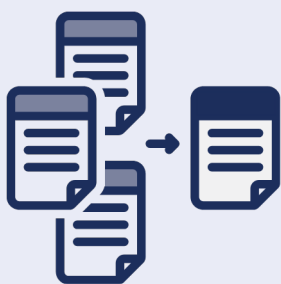


What are Study and Exam Routines?

Study and exam routines are the strategies instructors use to promote effective study behaviors and the methods they employ to assess student learning through examinations. This practice overview highlights routines that can be implemented before or after exams to help cultivate a growth mindset.

Why use a Study and Exam Routine?

Study and exam routines can support students in developing effective study habits, enhancing metacognitive awareness and self-reflection, and strengthening resilience in the face of academic challenges. By intentionally redesigning these practices within our courses, instructors can foster learning environments that encourage continuous improvement, promote mastery, and improve student performance.



Practice Overview

This document provides brief overviews of several key resources related to Study and Exam Routines. To explore a specific routine in more detail and access a comprehensive, step-by-step Practice Guide, click on the corresponding routine title.

Resources for Further Reading

[Academic Success Tip: Rebrand Office Hours](#)

[Carnegie Mellon University: Exam Wrapper Templates](#)

Gibbons, R. E., Hokien, D., Hutson, B. L., & Maness, H. T. D. (2025). The potential of exam wrappers in higher education assessment practice: Fostering self-efficacy through guided self-reflection. *Intersection: A Journal at the Intersection of Assessment and Learning*, 6(1), 80–127. <https://doi.org/10.61669/001c.129036>

Herman, G. L., Varghese, K., & Zilles, C. (2019). Second-chance testing course policies and student behavior. In *2019 IEEE Frontiers in Education Conference (FIE)* (pp. 1–7). IEEE. <https://doi.org/10.1109/FIE43999.2019.9028490>

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More Resources 

1. Office Hour Routines (virtual or in person)**Practice Guide Coming Fall 2025**

Will students think that you (and/or your teaching assistants) are available and willing to support their learning? Rethink how you've typically done in-person office hours to reach and support more students virtually. Consider offering a mix of scheduled and by-appointment sessions, and remind students regularly that office hours are for all types of questions, not just for those who are struggling. Creating a welcoming tone can help reduce anxiety and increase participation.

2. Reading Review Sheet Routines**Practice Guide Coming Fall 2025**

Are students taking full advantage of their reading, and will students know if they're reading well? Introduce a reading review sheet activity to provide clear reading goals and a way to monitor if they've met those reading goals. These sheets can include guiding questions, terminology checks, or space for key takeaways to reinforce comprehension. These also can be used as low-stakes assignments to improve students' engagement with reading and serve as helpful study guides for exams.

**3. Exam Wrapper Routines**

Are students using appropriate study strategies and seeking new study strategies and support when needed? Introduce a reflection activity that can be done before and after exams. Before the exam, students can set study goals and predict areas of strength or difficulty; afterward, they can reflect on their performance and strategy effectiveness. This routine encourages students' metacognition to reflect on how they learn, helping them make more effective choices when studying for future exams.

4. Request to Retest Routines**Practice Guide Coming Fall 2025**

Are students who perform poorly on your exams developing a growth mindset through the experience? Consider providing students with opportunities to reflect on their study process and retake an exam. This approach emphasizes learning from mistakes rather than being penalized for them, and it encourages persistence and self-reflection. Setting clear guidelines for eligibility and reflection can maintain academic standards while supporting student growth.

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