

Checklist lectures and exercises

Am I making the most of my lectures?

Successful learning is individual and involves various aspects. One aspect, with regard to upcoming exams, is to make optimal use of the lectures right now. This checklist shows what you are already doing well and what could you improve.

Before the lecture

- I quickly review the material from the last lecture.
- I understand the material.
- I have an overview and know which topics will be covered today.

During the lecture

- I arrive on time.
- I can concentrate well during the lecture.
- I take clear and organized notes.
- I actively follow the lecture.
- I ask questions.

After the lecture

- I clarify any open questions directly with the lecturers.
- I clarify any open questions with fellow students or assistants.
- I note down the most important topics/findings of the material covered.
- I summarize the most important points in an appropriate manner.
- In case I miss a lecture, I gather all materials afterward.

During breaks

- I talk to fellow students about the course.
- I reflect on the lecture.
- I consciously take a break.

Exercises

- I have completed and submitted the last set of exercises.
- During exercise sessions, I ask questions and participate in discussions.
- I review the corrected exercises and compare them with the sample solutions.
- I use the attendance hours.

My learning

- For each topic, I know what I have understood and what is still unclear to me.
- I know in which exams I am allowed to use my own summaries.
- I know during what daytime I learn the best.
- I have fellow students to learn with.
- I deliberately prepare myself for oral exams.

Upcoming exams

- I know whether the exam will be written or oral.
- I know where to find sample examinations

Evaluation

Count the points you checked and mark the sum below to see how you are doing.

0 1 2 3 4 5 6 7 8 9 0 1 2 3 4 5 6 7 8 9 :0 :1 :2 :3 :4 :5

Now is a good time to **make a change.**

There is some **room for improvement.**

You are **well on your way!**

Do you have **any free time at all?**

Contact

Do you have questions or need support? Contact the Counselling & Coaching Centre via email (counselling-coaching@ethz.ch) or visit our website (www.ethz.ch/counselling-coaching).