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Introduction



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Hello all! Welcome to the eleventh issue of the official bridges newsletter! And happy late Halloween! We hope you all celebrated the spooky, treat-filled day safely in quarantine!

Now that midterms are (mostly) over, many of you may already know what your marks are, or what they'll look like. Perhaps they're good marks. Perhaps they're bad marks. No matter what kind of marks they are, it's best to remember that--hey! It's all over now! And we're proud of you!

Even so, we know that despite everything, the thoughts of our grades will always linger at the backs of our minds. And to that, we say fret not fellow subscriber! In this issue, we'll try our best to keep you motivated and help you reflect and improve on all that's happened. We can get through this together! After all, we here at bridges understand these feelings a little *too* well...

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So it's Finally Over...?

AUTHOR(S): Hussain Jan

For many of you, the last couple of weeks may have been a very stressful and anxious time in your university career. From cramming in unholy amounts of information in a single night, to drinking your way through clearly unhealthy amounts of coffee, to asking a superior being to please bestow a miracle on that test you have tomorrow--midterm season strikes terror into the hearts of every student. Especially as first-years, many of you are going to be exposed to novel types of assessments, varying questioning styles, and unfamiliar technical rules. But now that midterm season is ending...now what?

For many students, the moments after some of their midterms they didn't do well in is predominantly the same feeling: regret. Thoughts like "What was I thinking, I should have studied more!", "Agh! If only I focused on that page just a bit more", and "...that tv series I binged watched last night was definitely not worth it" fill the minds of any student who didn't do as well as they expected. Many of us here at *bridges* have felt the same way many times throughout university.



One thing that you figure out really quickly however, is that this isn't the end! One mark, even that of a midterm, will not individually change your dreams and goals. Your future employer will not randomly pull up your first year midterm and make it grounds to fire you. What does matter however, is how you kept improving over your university life and became a better learner as time went on. This is such an important topic that we'll dedicate the next topic solely on this, so let's do this!

To Learn is To Improve

AUTHOR(S): Stephanie Huynh

Sometimes you didn't do too well on an assessment. Sometimes you do well, but you aren't satisfied with your result. Heck, sometimes you do even better than you expected going into the assessment! Whether you're satisfied with your results or not, there's always room to improve! To learn is to improve. And by what do we mean by "learn", exactly? Do we mean learn and understand your course content? Well yes, you should learn your course content--but that's not what we mean. What we mean by that is learn about how you can improve everything you do leading up to that assessment.

Look back to all the events that lead up to your assessment. How can you improve on them? That question is key to seeing how you can improve on your future assessments. Asking the question, answering it, and applying it! The steps may sound simple, but putting it into practice is never truly easy. It takes motivation and effort to make it work--but it's worth it in the end!

post-test reflection: an example

let's say you did a decent job on your last midterm and you hope to achieve around the same score, if not better, on your final exam. What can you do to keep that mark?

what went well/what didn't

Perhaps you did well allocating time to study but struggle with finding ways to study efficiently. In that case, you should keep your scheduling the same (try not to slack off!) but test different methods of retaining lessons long before your final exam.

the solution

Try a different study tactic after every week's worth of lectures and see what works best for you. That way once your exam comes along, you'll know exactly what to do!

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19.10.2020

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