

## Checklist lectures and exercises

### Do I use my lectures and exercises for optimal benefit?

Many aspects influence your success as a student. One of them is how you use your university courses in the light of looming exams. The following checklist already helped many a student to discover, what useful things he / she already does  and what could additionally be helpful.

#### Before the course

- I quickly repeat last course's contents.
- I understand last course's contents.
- I have an overview over the topics that will be dealt with today.

#### During the course

- I am on time and choose a great seat.
- I am able to focus during the course.
- I take clear and legible notes.
- I ask questions.

#### After the course

- I clarify questions directly with the instructor.
- I clarify questions with fellow students and assistants.
- I write down key findings of the past course.
- I summarize most important contents in an appropriate manner.
- In case I miss a course, I get hold of all the course materials.

#### During breaks

- I talk to fellow students about the course.
- I reflect the course.
- I relax knowingly.

#### Exercises

- I solve all exercises by myself.
- I solved the past exercises and submitted them.
- During exercise hours, I ask questions.
- I check the marked exercises and compare them with sample solutions.
- I use the "Präsenzstunden".

#### My learning

- From 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 deliberately prepare myself for oral exams.
- I know during what daytime I learn the best.
- I have fellow students to learn with.

#### Upcoming exams

- I am confident about the exam mode for each course.
- 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 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25

Now is a good time to  
**change something!**

You certainly have  
**potential!**

You are  
**well on your way!**

Do you still have  
**spare time?**

**Do not hesitate to contact us for further questions and support:**

<https://ethz.ch/students/en/advice/beratung-coaching.html> → Request an appointment.

The counselling and coaching centre team is here for you.