

TABLE 1**Total enrollment and number of responses for each exam in each semester.**

Semester	Fall 2017				Spring 2018				Fall 2018				Spring 2019				Fall 2019				Spring 2020		
Enrollment	62				67				74				74				66				63		
Exam	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3
# of responses	NA	50	50	35	46	52	46	31	69	70	67	69	72	73	70	64	65	66	64	67	60	62	58

Note. Although data were collected for Exam 1 in fall 2017, the response rate was too low and the questions were too different, so those data are not included in this study.

TABLE 2**Correlations between study method usage and exam grades.**

	Helpfulness per student	Unhelpfulness per student	Helpfulness per exam	Unhelpfulness per exam	Helpfulness per semester	Unhelpfulness per semester	Helpful group	Unhelpful group
Exam grade	0.23***	-0.23***	0.18***	-0.18***	0.12***	-0.11***	0.11***	-0.14***

Note. Stars represent the level of significance, so all of these values have a p -value of less than 0.001. To determine whether study methods are helpful or not, we compared the study method rating to the overall helpfulness rating. The helpfulness per student, per exam, and per semester were based on a student's individual rating, from the average rating for that exam, and from the average rating for that semester, respectively. The helpful and unhelpful groups remained consistent.