

Study Tips to Prep for Finals Week

Get organized NOW! Check final exam format, visit Office hours/Tutors, and pay attention to deadlines. Get enough sleep, food, and breaks from multiple short study sessions to manage stress so you can learn. Practice compassion with self talk, or relaxation strategies like deep breath sighs to reduce test anxiety.

Pre-test strategies

- Break large chunks of information into smaller parts to increase memory and retention.
- Create a study-schedule to review
- Take frequent breaks in your memorizing to increase retention
- Study difficult materials several times and quiz to practice using that information.
- Review homework, old tests, or re-work complex problems. Use instructor provided study guide if available.

During An Exam

- Take a deep breath. Tell yourself, "I am prepared for this exam, I am calm, I am excited to show what I know."
- Quickly jot down ideas you want to include or things that you have memorized to use
- Read directions and questions slowly and carefully.
- Scan the exams and start with questions that provide immediate recall.
- Be sure you do what is asked: define, list, compare and contrast etc.
- If you get stuck, skip difficult questions or questions that take more time
- If you run out of time, provide an outline rather than writing in full sentences.