

Finals Study Tips

Ways to study

- Flashcards**- Create notecards as you read the chapter. Draw picture or create a visual of the term.
- Notes**- Print out, highlight, sticky note, review, make summaries, color coordinate, outline, square dates, circle names, highlight vocab underline setting.
- Textbook**- Re-read the textbook chapters or highlight in ebook. Review questions or practice problems.
- Lists**- Make a vocabulary list or create a note sheet with one concept on each page.
- Study Guides**- Create your own study guide if there wasn't one provided to you.

Organize Materials

- Make binders (Dividers for each class), use a 13 pocket folder, etc.
- Sticky Note Textbooks
- Print off study guides, online notes, powerpoints, handouts
- Organize Google documents, quizlets, notebooks, flashcards, etc.

Organizing your time

- Prioritize classes and determine which classes need more time
- Finals Study Planner: Green sheet that has a calendar to organize studying (talk to Learning Services)
- Plan mini breaks (change of scene)
- Create goals for each day/night and subject
- Study the last 1-2 weeks before finals
- On the 3 days of finals, focus only on the test given that next day.
- Morning of the final, take care of yourself. No more studying.

Study with others

- Teachers**- Ask teachers questions! If grade is on the edge, ask teacher what % or goal to get on the final
- Study Groups or study partner**- Either meet with a friend in person or share a section on a google doc.
- Parents or siblings**- Ask someone at home to quiz you. Retell/explain a science term or math problem. Converse in a foreign language with a family member.
- Utilize your tutor (if you have one)**- Ask for tips or advice. Use the last few meeting times into review.

Ways to help you focus

- Phone in a different room
- Work out during finals and eat healthy breakfasts
- After each day of finals- take a nap or rest then study.
- 8-9 hours of sleep
- Take time for yourself in between your study time.

Where to Study

- Marian Library
- Community locations: Starbucks, Panera, etc.
- Do-Space
- Finding a space at home

Coping with Exams and Exam Anxiety

- Try to stay on a reasonable and regular schedule.
- Start at least a week, preferably two, before exams begin.
- Short and regular study periods are more productive than lengthy single sessions.
- Eat a well-balanced diet, drink lots of water
- On the day of final take care of yourself.