Study Tips For Final Exams

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CSAM Academic Advising
Study Tips For Final Exams

Mental Preparation

- Plan many short study sessions rather than one long one
- Set study goals (finish this section by…)
- Allow time between study sessions to process information

Physical Preparation

- Maintain your regular sleep, exercise and eating routines
- Do not pull “all nighters” disrupting your sleep like this can adversely affect you for several days, and suppresses your immune system’s ability to function
Study Tips For Final Exams

Mental Preparation

- Ask your instructor what format to expect on the exam
- Know how much each exam is worth, prioritize accordingly
- Estimate your current grade – what do you need on the final?

Physical Preparation

- Practice relaxation exercises
- Use positive self-talk
- Disconnect, unplug. Enjoy the silence!
Study Tips
For Final Exams

- Meet with your professors during office hours to discuss difficult concepts, ask questions, get clarification, understand what to focus on when studying.

- DO NOT miss any classes, be a participator in class.
Study Tips
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- Create mind maps, graphic organizers, flash cards - review these often and in different order.

- Surround yourself with learning: create a 24-hour learning environment by posting review charts where you can see them daily.

- Attend review sessions and study groups.
Study Tips
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- Create practice tests for yourself
- How do you know when you know the material?
- When you can teach it to someone else!
- Be clear on what the exam will cover – the entire semester, from the midterm, certain chapters, etc.
Study Tips
For Final Exams

- Back up your computer every day – you do not want to lose that project or paper!
- Study to recall the information rather than to recognize it
- Group facts and ideas into categories that make sense to you
- Link concepts to ideas you will remember

My Test Taking Checklist

Remind yourself:
I can do it!
I am capable!
I can use my brainpower!

1. Read the directions and titles. ______
2. Read the question. ______
3. Reread and explain in your own words. ______
4. Determine what is being asked. ______
5. Circle key clue words. ______
6. Select a strategy. ______
7. Think through your solution. ______
8. Eliminate choices. ______
9. Select the best answer choice. ______
10. Check your work. ______

Take a deep breath...
Go with the flow...
Just do your best...
Show what you know!
Taking The Test

- Stay calm
- Set aside emotions
- If you just barely know something write it on the back of the test right away so you will not forget it
- Read all of the instructions
- Ask for clarification if you do not understand the instructions
- Survey the test to decide how much time to spend on each section
- Answer the easy questions first
- Check your work, look for missed questions

“UNPACK” the Question!

- Underline key words
- Number the parts of the question
- Plan how you will answer
- Answer using specific details
- Check off each part as you do it
- Keep up the great work
Good Luck!

It will all be worth it in the end.