



Preparing for Final Exams

1. Plan, plan, plan! Get out your calendar and schedule as much of your finals week as possible. Stick with your schedule.
2. Do not be tempted by any free time you have during exam week. You should be spending as much time as possible on studying.
3. Schedule in study breaks. When you write out your schedule, include short study breaks to help you recharge.
4. Make a study outline. Use your class notes, together with your highlighted text material, to make an outline of important information to study.
5. Make flash cards for memorizing detailed information.
6. Practice asking and answering potential test questions.
7. Schedule in sleep. You'll do much better on exams if your mental state is good, and sleep is essential for this.
8. Exercise to relieve stress.
9. Prioritize your study time. Do you spend hours and hours preparing for a math exam because if you do really well you might be able to pull off a "C" and pass the class? Or do you spend most of your time studying for a history exam because if you do well, you've got a good shot at an "A"?
10. Free your schedule. As much as possible, eliminate other responsibilities. Work fewer hours, reschedule unnecessary appointments, and definitely put off socializing or shopping.
11. Ask your professor or a tutor for help. If you're confused about your notes or the readings or can't figure out how to solve a math problem, ask for assistance.
12. Know when to quit studying. When you feel confident and ready for whatever will be on the exam, then that is usually a good indication that you are as prepared as you will be.