

Final Exam Guide Sheet

Final exam week can be a very stressful time. These exam grades will have a direct impact on your overall grade for the semester, and the semester grades you earn now will have a lasting impact on your GPA. Remember, you will have more options when you graduate with a stronger overall GPA .

However, before you start thinking of every worst-case final exam scenario, take a deep breath and start planning how you will get through final exam week with minimal stress. Below are tips compiled by high-achieving juniors and seniors on how best to prepare for final exams. Not all the strategies may work for you, but many will. Now is the time to focus and to show off all the hard work you have put in throughout the semester.

Pre-Final

- Start getting sleep the week before and go to be on time...one night won't cut it
- Know your final exam schedule (what test on which day?)
- Know the test format (multiple-choice, writing portion, number of questions, etc.)
- Complete all make-up work / outstanding assignments
- Speak with teachers about how to best prepare. What are the most important topics to study?
- Show teachers you care about your grades
- Set realistic goals for both the class and final exam grade
- Use a finals grade calculator to help set realistic goals / aiming points

Review Strategies

- Be sure to fill out review guides you get from your teachers! (These are a huge help)
- Sometimes review guides are for grades or extra credit
 - Always do them and do them well, since it will help you to learn material again!!!
- If teachers give you a list of the topics you covered over the semester, write down everything you know about each item, then look them up in the book/notes to make sure you didn't miss anything
- Look at the syllabus you got on the first day of class--it will remind you of all the units, concepts, books you read, or topics that were cover
- Have a friend or classmate quiz you and spend time reviewing units you struggled with

Time Management / Organization/Study Time

- PUT AWAY YOUR PHONE
- Sort out your papers / pick out important handouts
- Organize study time between subjects
- Prioritize / Focus on your lower or borderline grades
- Use airplane mode If you still want to listen to music
- Have a little bit of food and water nearby so you don't have to get up if you're hungry/thirsty
- Schedule little chunks of time for small tasks, so you feel accomplished after each one
 - **20 minutes studying - 5 minute break**
 - Set incentives after each chunk of time (after I read these four pages, I can play one round of trivia crack)
- Go to the library if your room/house is distracting
- Use the half days after finals to study for your next final
- Focus on your lowest grades, study most for those classes

Study for the classes in order of your finals: 1 6 2 3 4 5 7 8

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Study Tools

- Look for Quizlet study sets that have already been made (i.e. search Realidades 1 ch. 2 for Spanish)
- Watch crash course videos by the Green Brothers on youtube in each subject/unit
- Use blue ink and chew peppermint gum (proven to help you remember)
- Use note cards for concepts you can't remember (don't make a notecard of a concept you've already mastered)
- Khan Academy

Night Before / Day of Exam

- Get a good night's sleep (Don't stay up too late studying/preparing for exam)
- Eat a healthy dinner the night before and a good breakfast the day of
- Be on time to class
- Bring your study materials to class in case you have time prior to the exam to study
- Pay attention during review periods prior to test (This is not the only time you should be studying!)
- Snack between final exams and while studying

GOOD LUCK!