

# Final Exams: Tips from the Experts

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While final exams feel far away, they will be here before you know it! Read the top 10 tips below to make your final exam preparation both efficient AND effective!

1. **PUT YOUR PHONE AWAY!** Staying focused as you study is tough, minimize distractions by putting your phone on airplane mode and storing it in a different room.
2. **DO YOUR STUDY GUIDES!** Completing each class's study guide will allow you to focus your study efforts on the information you really need to review. As you work, mark questions to ask your Mentor or Teacher.
3. **MAKE FLASH CARDS!** Find a way to make studying more than just sitting at a table reading a book or notes. Create flash cards and/or notecards to review information or use Quizlet to do so online. There are flashcard apps you can download.
4. **USE HALF DAYS TO STUDY FOR NEXT TESTS!** Getting out at 12:35 the Tuesday, Wednesday, and Thursday of finals week will be a relief BUT, be sure to use this bonus time to study so you can get the sleep you need to ace those next exams.
5. **SLEEP, EAT BREAKFAST!** Make your study time work harder for you by getting the sleep you need to remember the information you took the time to review. Eating breakfast and snacks will help you focus on the test, not your tummy.
6. **KNOW YOUR EXAM SCHEDULE!** Use the final exam schedule on the opposite side of this sheet to plan your finals week. You can't prepare effectively if you don't know what lies ahead.
7. **DOWNLOAD A FINAL GRADE CALCULATOR APP!** Use this app to prioritize your preparation. Need a 60% on the final exam to keep your B? Study 30 minutes. Need an 85% to keep your A? Plan on studying more.
8. **START STUDYING EARLY!** Final exams are comprehensive. They will test information learned in each class from August through January. Break is a great time to start studying. Try small chunks (20 minutes) to make the most of your study time.
9. **TAKE BREAKS AND REWARD YOURSELF!** Too much studying can be just as ineffective as not studying at all. Take brain breaks, go check your phone, and enjoy treats to reward yourself for your hard work and commitment to success!
10. **Relax!** While you should take final exams seriously...remember we have all been there and survived. **Don't over-prepare.** Is your study plan too ambitious and unrealistic? Trying to gain a "perfect" understanding of all the material can overwhelm and paralyze you.

## Final Exams: May 24<sup>th</sup> – May 30<sup>th</sup>

Wednesday:	Exam Periods 1 and 6
Thursday:	Exam Periods 2 and 3
Friday:	Exam Periods 4 and 5
Tuesday:	Exam Periods 7 and 8

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