

# Making the Most of Finals

## Choose to Thrive, Not just Survive



### → Start early

Re-read chapters, highlight notes, make flashcards. Is something still unclear? **Now is the time to ask.**



### → Stick to a schedule

Make a plan and **prioritize your workload.** Allow for down time, your brain needs breaks too!



### → Status update

**Check-in on your stress level.** Take care of yourself by unplugging from social media, eating right and getting enough sleep.

## Remember Your Resources:

### Where to Go For Help:

- \*English → English Resource Center (ERC)
- \*Math → 1 248
- \*Science → S247
- \*World Lang. → 4<sup>th</sup> 117, 5<sup>th</sup> 113, 6<sup>th</sup> G274
- \*Social Studies → Reach out to your teachers at lunch
- Library → Open Every day

### Counseling Center:

Stop by if you **need help getting started**

### Tips from Upper Classmen:

- Talk to your teachers
- Gather all materials needed to study
- Review & re-write class notes
- Ask for help (It's okay to admit "I'm completely lost")
- Ask clarifying questions ("I just want to make sure I understand")
- Ask about review sessions
- Attend a study group or start one yourself!



## Preparing to Study

- **Utilize early hours, while you're still fresh.** 60 minutes of daytime study is equivalent to 90 minutes of nighttime study (maximize your time in class, study hall, and Resource)

- **Establish a Routine** (use your planner, and set aside a time and place to work each day)

- **Work in an area free from distractions** ("unplug" from friends, family, tv, and phone)

## Study

### Strategies

- After reading (chapter or class notes), **paraphrase main ideas** out loud or write them down

- **Teach the material** to someone else!

- Use **graphic organizers** to summarize takeaways (Venn diagrams, concept webs, flow charts, time lines)

- Identify information you do not understand. Now is the time to **ask clarifying questions.**

## After

### Studying

- Take a **brain break**

- Be **your own personal coach.** Make positive statements while you study, "I got this," "I'm working hard," or "I finished that like a boss!"

Lambert, M and Nowacek, (2006). Help High School Students Improve Their Study Skills. *Intervention in School and Clinic*, 41 (4), 241-243.