

## **5-STEP FINAL EXAM WEEK PREPARATION – Part I**

### **1. Ask Questions!**

- Don't be afraid to speak up in class. There's a good chance that at least one other person doesn't get it, either.
- Use your prof's office hours or schedule an appointment. Make a list of your questions and bring it with you. Record the answers on your list!

### **2. Make a Study Guide**

- Put the information into your own words. This helps you retain it.
- Create flashcards. Use the Quizlet app on your phone to create flashcards and quizzes.

### **3. Arrange or Join a Study Group**

- It will help you look at topics from different perspectives and you might even discover more effective study tips.

### **4. Adjust Your Schedule**

- Form a study schedule, and *stick to it*. If your friend invites you on a Meijer run, remember to trade an equivalent amount of break time elsewhere in your schedule for study time.
- You'll be more productive if you include **brief** (10-15 minutes) study breaks every 1-2 hours. Do something entirely different during that time (e.g. going for a walk, run, or meeting a friend for a quick snack).

### **5. Get Out of Your Dorm Room**

- The absolute *worst* place to study is on your bed. Even if you are at your desk, you can't help but see your bed and be drawn in, or have a neighbor distract you.
- Instead, take your headphones and study materials to the library or nearby café with free Wi-Fi and good coffee.
- Don't wait until the night before your exam to pack your brain with dates, statistics, and formulas. Pulling all-nighters can actually strain your brain.

***Need help/encouragement? Stop by the Academic Success Center in VanZaeren 261 for your personalized study session and a free deck of ASC Final Exam Study Strategies cards.***

## 5-STEP FINAL EXAM WEEK PREPARATION – Part II

### 1. Divide up your time.

- **Spend Time Studying for the Exams that Carry the Most Weight**
- **Focus Your Time on Difficult Classes** - spend the majority of your time on the classes where your grade is borderline.

### 2. Stay alert.

- **Get a good night's SLEEP!** Your brain can't function properly without 7-8 hours sleep a night.
- Run stairs or do some jumping-jacks. Exercise gets blood flowing and increases your alertness.
- It has been proven that the **smell of cinnamon and peppermint can help you stay alert.** So chew on some gum if you're feeling worn out.

### 3. Remember what you study.

- **Recite, recite, recite!** Recitation will burn facts into your mind. Recite the material out loud until you're sure that you will be able to recall it.

### 4. Study selectively.

- Decide which information is most important and concentrate on it. Resist the temptation to try and learn all of the important-looking material.
- As you go through your notes and textbook **find important definitions, concepts and equations.** Write them down on 3" X 5" note cards. This will help you identify what you need to know, and you'll have a handy set of flash cards. The process of rewriting may also help you memorize the content.

### 5. Eat a good breakfast.

- Eat a good breakfast the morning of the exam. Nutritious foods will keep your nerves steady and your brain engaged.

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