

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 VanZoeren 261 for your personalized study session and a free deck of ASC Final Exam Study Strategies cards.