

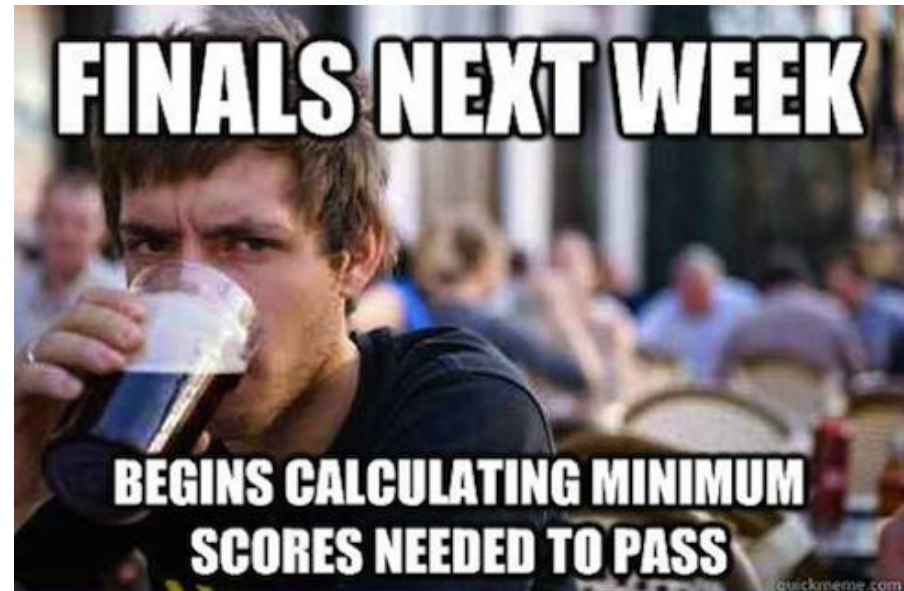
Prep like a Pro: Studying for Finals

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Pre-game

- Set yourself up for success:
 - Staying on top of your courses throughout the semester is critical
- Have realistic expectations
 - For most courses, you cannot recover a failing grade with a great final



Know your Finals

- What do you need to complete for each class?
 - Paper?
 - Project?
 - Exam?
 - Is your final cumulative?
 - What is the format of the exam?
 - Multiple choice? Essay responses?
- Double check date, time, format and set reminders



Make a Plan

- Once you know what you need to do, you need an action plan.
 - How much time do you have between now and the final?
 - How much time can you reasonably devote to studying in that timeframe?
 - Can you reduce any other obligations to create more study time?



Break up big projects

- Break it into manageable steps
- Give yourself due dates for each step to keep you on track
 - Ex: 10 page paper due in 3 weeks
 - Week 1: Pick topic, find sources, create outline
 - Week 2: Flesh out the outline to at least 8 pages
 - Week 3: Revise, edit, make additions, proofread, and polish
- Avoid cramming or marathon work sessions



No study guide?

- Make your own!
 - Outline the material you need to review
 - Make sure you are familiar with past tests
 - Review quiz questions
- Quiz yourself!
 - Recall is your most powerful prep technique
 - Ask yourself similar questions to what the professor asks



Be efficient

- Get the most out of your study time
- Eliminate distractions
- Study in 15-30 minute intervals
- Be active – don't just look over notes
- Vary the subjects you study
- Study to match your exam format
- Start today!



Take care of your body.

- Don't sacrifice sleep
- Take plenty of breaks
- Take walks, get outside, breathe fresh air
- Schedule time to relax and de-stress
- Eat healthy

- An overworked, exhausted brain will not perform well!



Use your resources!

- Tutoring
 - www.etsu.edu/tutoring
- Counseling Center
 - www.etsu.edu/students/counseling/
- Professor
 - Check syllabus or D2L for contact info
- Classmates
 - Class list on D2L





CROSSING THE FINISH LINE
memegenerator.net