Classification: ____________  Major: ____________  GPA: ____________

What was the best advice you ever received that helped you prepare for final exams and whom did you receive that advice from?

________________________________________________________________________

________________________________________________________________________

What was the worst advice you ever received on how to prepare for final exams and whom did you receive that advice from?

________________________________________________________________________

________________________________________________________________________

What are the top five things that you do to prepare for final exams?

1. ____________________________________________
   _______________________________________________________________________

2. ____________________________________________
   _______________________________________________________________________

3. ____________________________________________
   _______________________________________________________________________

4. ____________________________________________
   _______________________________________________________________________

5. ____________________________________________
   _______________________________________________________________________

What is the number one piece of advice you would offer a fellow student on how best to prepare for final exams?

________________________________________________________________________
What was the best advice you ever received that helped you prepare for final exams and whom did you receive that advice from?

1. Start studying early! (*upperclassman*)
2. Read all Chapters before going to class that way while listening in class it’s just a review. (*girlfriend*)
3. Start studying one month before finals. Everyday study for a different class.
4. Study, study, study. Take breaks get more than four hours of sleep and study some more.
5. Prioritize and balance your study schedule. (*upperclassman*)
6. Study in a quiet and comfortable environment. (*aunt*)
7. Study in advance and do not cram!!! (*CPA Accounting Dept.*)
8. It’s the last chance to prove yourself.
9. For every forty-five minutes of studying one subject, take a fifteen minute break. (*Mom*)
10. Start studying a week before. (*all my professors*)
11. Use whatever resources provided to you by professors and/or students.
12. Attend study sessions. (*older sister*)
13. Don’t forget to take care of yourself, eat right and workout.
14. Start ahead of time and attend reviews.
15. Plan out your study time ahead of time and stay focused.
16. Late night cramming only hurts – **it doesn’t help.**
17. Do not wait until the last minute to start.
18. Space out your studying and don’t study the same subject for hours on end. (*orientation leader*)
19. No sleep equals worse grades.
20. Start preparing for finals the first day of class. (*Dad*)
21. It’s never too early to start studying for finals. (*advisor*)
What was the worst advice you ever received on how to prepare for final exams and whom did you receive that advice from?

1. Cram!
   a. Advice from a friend

2. “Just wing it”

3. Study straight through; no breaks
   a. Advice from upper classmen

4. “Just read the book” there were twenty-two chapters!!
   a. Advice from professor

5. Pull an all-nighter!
   a. Advice from roommate

6. Start studying the day before
   a. Advice from someone who is no longer here

7. Don’t worry about sleep, you can catch up later
   a. Advice from a former teacher

8. Just skim notes and lightly study or study the night before
   a. Advice from a fellow student

9. Do not take final exams so seriously
   a. Advice from a previous friend

10. Don’t over prepare for finals
    a. Advice from peer

11. Take some??????? And stay up the night studying

12. CRAM! , CRAM! , CRAM!
Successful Students Preparing for Final Exams: Top Activities

### Mind and Body

<table>
<thead>
<tr>
<th>Get adequate sleep</th>
<th>Stay focused</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chose healthy meals/snacks and stock up</td>
<td>Schedule a day of relaxation</td>
</tr>
<tr>
<td>Choose a good environment to study</td>
<td>Avoid your known distractions</td>
</tr>
<tr>
<td>Relax and don’t stress out</td>
<td>Stay positive!</td>
</tr>
<tr>
<td>Exercise</td>
<td>Meditate</td>
</tr>
<tr>
<td>Avoid excessive time on electronics</td>
<td>Remain confident</td>
</tr>
<tr>
<td>Find what works for you to relieve stress</td>
<td>Pray</td>
</tr>
</tbody>
</table>

### Academic Preparation

<table>
<thead>
<tr>
<th>Start early, don’t procrastinate</th>
<th>No cramming</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make test and study schedules</td>
<td>Know day/time of each final exam</td>
</tr>
<tr>
<td>Type, organize, review notes</td>
<td>Review previous exams</td>
</tr>
<tr>
<td>Read/review textbook chapters</td>
<td>Study in 45 min. increments</td>
</tr>
<tr>
<td>Make notecards/flashcards</td>
<td>Note and review definitions</td>
</tr>
<tr>
<td>Attend any review sessions offered</td>
<td>Use any provided study guides</td>
</tr>
<tr>
<td>Form a study group</td>
<td>Make a practice exam</td>
</tr>
<tr>
<td>Use campus resources</td>
<td>Attend SI sessions</td>
</tr>
</tbody>
</table>

Manage free time wisely

Email/meet with professor to discuss study strategies and/or material questions