The Finals Countdown

Plan Ahead
- Go to class prepared so you can ask questions
- Compare notes with someone else in class
- Take notes of the instructor’s class summary
- Review your index – fill indecade, highlight important info

Make the most of class

Staying Healthy
- Stock up on high proteins: nuts, beans, fish
- Schedule your meals regularly
- Get a good night's sleep
- Don’t let stress and more things to do make you think: effective stress relievers: 1. Get back to a normal pattern of sleeping 2. Get some exercise 3. Take time to de-stress 4. Ask for help if you have excessive anxiety 5. Focus on positive thinking 6. Make a study schedule 7. Break up your study sessions

More Study Tips
- Cut down on junk food
- Stay away from sugary drinks
- Use flashcards
- Study in groups
- Take breaks

Study Tips
- Stay organized
- Make a schedule
- Break down material
- Study in 30-minute blocks
- Review
- Go over notes
- Quiz yourself
- Get a good night’s sleep

During Your Finals
- Arrive at all finals at least 10 minutes early
- Stay organized
- Circle, underline, highlight
- Write down any answers to questions
- Use the last few minutes to review
- Stay calm
- Eat a balanced breakfast
- Drink plenty of water
- Get a good night’s sleep
- Arrive early
- Take your time
- Relax
- Review
- Stay focused
- Keep your cool
- Take deep breaths
- Take breaks
- Use positive self-talk
- Train your brain.
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More Study Tips
- No such thing as studying too much
- Test yourself regularly
- Stay focused

Staying Healthy
- Drink enough water daily
- Avoid junk food

During your final
- Review all of your notes daily
- Stay calm and breathe deeply
- Remember, you’ve done this before

Study Tips
- Study in small groups for the run-up to exams
- Have a study checklist
- Take a practice test

Make the most of class

Go to class prepared so you can ask questions
Compare notes with someone else in class
Take note of the instructor's class summary
Review your notes - fill in details, highlight important info
Plan Ahead

Cut down on work and other commitments
List all final exam dates and times on a reference sheet
Identify all assignments and tests you still have to complete
Plan specific time to complete reading and assignments
Develop a study routine and start early
Determine exam material and format
Study Tips

Avoid cramming
Start early, especially for cumulative exams
Rehearse & review your notes and text
Study with a partner or group to keep each other motivated
Study a little each day
Find a study environment that is distraction free
Study during your most alert time
More Study Tips

For each hour of study, schedule a 10 minute break
Talk yourself into studying before you do anything else
Go to office hours to ask questions
Write down what you predict will be on the test
Review old exams
Staying Healthy

Stock up on high protein study snacks
Exercise regularly
Sleep a few hours each night
Don't experiment with new drugs to stay awake
Identify effective stress relievers and use them
Remind yourself that you'll get through finals
Take study breaks to decompress
Ask for help if you have excessive anxiety
Reward yourself for making it through finals
During your final

Arrive about 10 minutes early
Bring extra writing utensils
Bring all essential test material
Wear comfortable clothes
Preview the test for organization and point distribution
List any dates, theorems, etc. before you start
Read each question carefully
Finish easy questions first
If you don't know an answer, eliminate the wrong answers
RELAX!
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Planning Ahead
- Get organized, make a study schedule
- Prioritize tasks, set goals
- Break tasks into manageable steps
- Stay on track with reminders

More Study Tips
- Use flashcards to memorize key concepts
- Practice active reading
- Create mind maps
- Teach the material to someone else

Staying Healthy
- Stay hydrated
- Get enough sleep
- Exercise regularly
- Manage stress
- Eat a balanced diet

During Your Final
- Arrive at the test site early
- Use your time wisely
- Read the instructions carefully
- Manage your time effectively
- Review answers if time permits
- Check your work for mistakes

Study Tips
- Make study groups
- Use note-taking strategies
- Create summaries
- Practice test-taking strategies
- Stay positive and motivated