

THE WEEK OF FINALS

PLANNING

1. Double check the date, time, and place of each of your final exams.
2. Before you leave your room/apartment to take your finals, make sure you have the following: a watch (to pace yourself during the test), notes you want to review on the way, paper, pens, pencils, and scantrons.
3. Take high protein snacks with you if you know you are going to miss a meal.
4. Take the bus or walk to campus. Parking spaces are few and far between during the first few days of finals.
5. Arrive in the classroom about ten minutes before the final is to begin. Spend that ten minutes in a review of what you know. Avoid panicky classmates while you are reviewing!

CLASS

1. DON'T PANIC when the test is handed out. Put your name on it and read the instructions carefully.
2. Preview the test for organization and point distribution.
3. On the back of the test paper (or bluebook), list any dates, theorems, and the like that you might forget.
4. Pretend you are the only person in the room.
5. Do the easy questions first. Read each question carefully; accept them at face value. Don't read anything into or out of the question.
6. Give your full attention to the question you're answering NOW.
7. Lapses of memory are normal. RELAX and go on to another question when you can't remember an answer.
8. For essay tests, write legibly, and leave a blank space at the end of each answer (for afterthoughts). If your handwriting is bad—PRINT! State the thesis in the introduction. Underline key points. Use clear and simple organization. Allow time for editing.
9. At the end of the test, PROOFREAD! Don't let careless errors lower your grade.



STUDY

1. Review notes, underlining in your texts, and old tests. Memorize, memorize, memorize!
2. If you have more than one final on the same day, allocate your time carefully so you can study for one final without worrying about the other. Decide if you want to spend equal amounts of time studying for each exam or if one deserves more time. You might study for the first final last so that the information will be fresh in your mind. Review for your second final after you have taken the first one.
3. Exercise and cold showers are good alternatives to drugs for staying awake.
4. Resist the temptation to blow off those last few finals, especially if they fall on the last day at the last hour.
5. Respect 24-hour quiet policies. Celebrate the end of your own finals quietly or away from those students who are still studying.

YOU

1. After finishing each day of finals, allow yourself at least an hour of free time to unwind and clear your head before you start studying for another final.
2. Dress for comfort, not style.
3. Eat at least one well-balanced meal a day.
4. Sleep some each night (or day). You will feel more alert after just a few hours of sleep than after an all-nighter. You can't afford to tire out after only two days of finals.

