

## SCHEDULING FOR FINALS

As much as possible, stick to your regular study and work hours. Avoid getting into a frenzy of worrying and talking more about studying than actually studying. Avoid late hours, strong stimulants, and excessive coffee. The following may also help:

- Prepare a general schedule of when each exam is and how much time you can allot to studying for each course; remember that your hardest course will require more time.
- If you have more than two finals a day, ask one of your professors if you could take a final early.
- Allow large blocks of time for getting down concepts and basic relationships.
- Allow short periods for review of material.
- Use odd moments, in the shower or walking to the library, for recall and review.
- Schedule breaks for yourself—don't set goals of impossibly long study periods.
- Don't study for two similar courses consecutively. It is better to break the pattern with a completely different study approach. Rather than study two history courses in a row, study history then French, or history then math.
- Take a break between exams when your schedule permits to unwind after one exam before beginning another one. This is a good time for physical exercise to release tensions and frustrations.



### THE NIGHT BEFORE . . .

- Don't stay up all night. The less you sleep, the less clearly you will be able to think.
- Don't cram. The night before an exam when you are more anxious than usual is one of the least efficient times for study. Your ability to deal with concepts and synthesize material is greatly reduced, and even your ability to memorize is impaired by anxiety. Cramming only serves to make you more frantic about the exam and, hence, less prepared to do your best.
- Don't go to the movies as this may interfere with what you have been learning or may even make you feel so guilty that you have to come home and study far into the night to make up for lost time.
- Calmly review your material, and then get a good night's sleep.