



Final Exam Study Tips

Get started now!

Final exams are quickly approaching! Sometimes the hardest part of studying is just getting started. Don't put it off; begin studying today! It may help if you start with your easiest or favorite subject first. Don't wait until the night before to cram for the exam!

Organize your study time!

Before you begin, make a plan. Decide exactly what you need to get done, and the order you plan to do it. Prioritize your study time. Study for your harder finals first. Make sure to take breaks! After studying for about 20 minutes, go get a drink, get up and stretch, etc.

Reduce test anxiety!

You can reduce your test anxiety by making sure you study enough to feel confident you know the material. Cramming increases test anxiety. Try to replace worried thinking with positive thoughts. Each night before the exam, review the material, and then get a good night's sleep. Take a deep breath to get relaxed before the test begins.

Remember to do your best & good luck with finals!



Six tips for success

1. Organize all of your notes by date, for each class.
2. Get a good spot to study. Avoid places with distractions. It should be a comfortable, quiet, and well-lit place.
3. Fill out your study guide! There is a reason your teacher gave you a study guide; so make sure you complete it!
4. Use tricks to help you memorize the information. Make flashcards, highlight your notes in different colors, etc.
5. Attend study sessions! Take advantage of the extra help being offered to you. It never hurts to hear the information again.
6. You really know something if you can **explain it in your own words** to someone else!

BONUS SUCCESS TIP

7. Have math or science questions? Call the Homework Hotline for help!
1-877-ASK-ROSE