



The Final Countdown: Preparing for Finals

Step 1: List Final Exams

Course	Final Exam Date	Materials Needed to Study

Step 2: Create a Study Plan

Step 3: Concentration Plan

<p>Eliminate Distractions List distractions you can eliminate before starting (ex: silencing phone, turning of tv, etc.)</p>	<p>Plan for Unavoidable Distractions Create “If, then” plans for likely distractions (ex: if my roommate comes into my room, I will tell them “I am busy. I will talk to you later.”</p>
<p>Materials and Supplies List all items you will need to complete the activity (ex: laptop, charger, book, notes, etc.)</p>	<p>Physical Preparation List actions you will take to get ready for the activity (ex: sitting at desk, eating a snack before sitting down, etc.)</p>



Workshop Reminders and Tips

5 Types of Studying	
Studying to Gather Information	<ul style="list-style-type: none"> • Gather the materials you need to study • Organize and condense the information using notecards, Cornell notes, or outlines • Check-in with your classmates and your professors to make sure you are understanding the material
Studying to Learn Information	<ul style="list-style-type: none"> • Focus on understanding rather than memorizing the material • Separate the “learned” from the “not yet learned” material • Set a study schedule and stick with it
Studying to Check for Learning	<ul style="list-style-type: none"> • Utilize self-testing methods • Check you understanding for accuracy and completeness
Studying to Refresh	<ul style="list-style-type: none"> • Review learned material 2-3 times a week to keep it fresh in your mind
Studying to Improve	<ul style="list-style-type: none"> • Look back on old assignments and tests • Improve or replace learning strategies that were not effective • Utilize campus resources

Concentration and Study Tips

Study Environment

- Designate a space exclusive for studying
- Find a spot with comfortable and good seating
- Gather all necessary materials before sitting down

Reduce Distractions

- Put phone on silent
- Close unnecessary computer tabs

Study Breaks

- Take frequent study breaks
- For every 45-50 minutes of studying, take a 10-15 minute break

Test Taking Anxiety

Anxiety about a test is a totally normal side effect of caring about your grades!

Before the Test

- Create and follow a detailed study plan
- Utilize active studying techniques
- Use a worry sheet
- Prepare test materials and get a good night sleep the night before

During the Test

- Go with your first instincts
- Skip harder questions and come back to them at the end
- Take your time
- Use deep breaths to relax and stay