

TIPS ON STUDYING FOR FINALS

Exam finals can be a frustrating and exhausting experience if one is not properly prepared. Most students rely on “energy drinks” and “all nighters” to get them through exams, but the benefits of learning how to prepare for finals far outweigh the stress of staying up all night to cram.

DON'T PROCRASTINATE Waiting to study until the night before an exam is disastrous. Procrastinating causes unnecessary stress and sets one up for failure. Instead, plan ahead. Look at your exam schedule and begin studying for your first, or hardest, final now.

FIND A QUIET PLACE TO STUDY Studying for finals takes a great amount of concentration. Find somewhere to study that is conducive for concentrating and learning. Chose a place of study should be quiet, comfortable, and distraction free (no cell phones, Facebook, etc).

STUDY WITH A PARTNER Find a classmate or friend to study with you. This can be extremely beneficial if you are both preparing for the same exam. However, remember to stay focused. Studying with someone may be helpful

at times, but it can also be dangerous if you both get distracted easily.

GET ENOUGH SLEEP Pulling an all-nighter is risky business. While most college students think that studying all night will help them learn more for an exam, all-nighters can actually damage grades. Exhausted students can't concentrate on exams, and cramming for a final can actually reduce the amount of information you remember. Well-rested students, on the other hand, are much more relaxed and alert at exam time. Make time to sleep- you'll thank yourself later.

KEEP EVERYTHING IN PERSPECTIVE Stressing out over an exam will drive you (and everyone around you) crazy and will only damage your performance on the exam. Instead, try to relax. Take a break when you get frustrated. Talk to a friend. Go for a run. Grab a snack. Study for a different subject. Whatever you do, remember that this test isn't the end of the world.

REMEMBER

1. **ARRIVE EARLY.** Know the location and time of your exam. Arrive early, give yourself time to settle down before the exam starts.
2. **BE AWAKE FOR THE TEST.** Get a good night's sleep.
3. **EAT A SMALL BREAKFAST.** It'll be more difficult to concentrate if you're hungry. Don't eat anything that may upset your stomach.
4. **BRING EXTRA WRITING UTENSILS.** You never know when you may need an extra pen or pencil.
5. **BRING ALL ESSENTIAL TEST MATERIALS.** Calculator, Notes (if allowed), etc.
6. **GO TO THE BATHROOM.** This is another precaution to minimize distractions during the test.
7. **BRING ANY NECESSITIES.** Bring a water bottle, tissues, cough drops, etc.
8. **LOOK OVER YOUR NOTES.** Review important information again before the test to refresh your memory.
9. **IT'S JUST A TEST.** Remember that you studied hard and have confidence in yourself.