

FINAL EXAM PREPARATION



An essential factor in preparing for your final exam period is time management.

To support success, try these tips:

- Keep a monthly calendar with all your exam dates, times, and locations filled in
- Be kind to your "future self", try not to over commit to activities two weeks prior to finals
- Build in study breaks with activities you enjoy, exercise or meditation are very beneficial during stressful times
- Create "test packs" with all of your test materials (scan trons, blue books, pencils, snacks) so that you don't have to worry the day of the exam

Study Sessions Tips

- Prepare study materials early
- Include examples of concepts on your study tools
- Practice the way you'll be tested /make "mini tests" for yourself
- Have a friend's contact info

Tips for During the Exam

- Answer as many easy questions as you can first
- To maximize time, figure out the time to question ratio and stick to it
- Monitor self talk and take deep breaths to calm your nerves
- Do your best

Prioritize Self Care

- Sleep 7-9 hours a night
- Eat at least one balanced, sit-down meal a day
- Continue your exercise routine through the end of finals week
- Find enjoyable environments for study sessions
- Monitor your caffeine intake

Utilize Campus Resources

- Write down your best study locations so you have options
- 24 hour study areas in the library
- Take advantage of free programming in the USU
- Utilize professor office hours
- Check in with trusted staff and faculty during the week