Prep like a Pro: Studying for Finals

Dr. Deidre Johnson
Director, CFAA – Learning Services
Pre-game

• Set yourself up for success:
  – Staying on top of your courses throughout the semester is critical

• Have realistic expectations
  – For most courses, you cannot recover a failing grade with a great final
Know your Finals

• What do you need to complete for each class?
  – Paper?
  – Project?
  – Exam?
    • Is your final cumulative?
    • What is the format of the exam?
      – Multiple choice? Essay responses?

• Double check date, time, format and set reminders
Make a Plan

• Once you know what you need to do, you need an action plan.
  – How much time do you have between now and the final?
  – How much time can you reasonably devote to studying in that timeframe?
  – Can you reduce any other obligations to create more study time?
Break up big projects

• Break it into manageable steps
• Give yourself due dates for each step to keep you on track
  – Ex: 10 page paper due in 3 weeks
    • Week 1: Pick topic, find sources, create outline
    • Week 2: Flesh out the outline to at least 8 pages
    • Week 3: Revise, edit, make additions, proofread, and polish

• Avoid cramming or marathon work sessions
No study guide?

• Make your own!
  – Outline the material you need to review
  – Make sure you are familiar with past tests
  – Review quiz questions

• Quiz yourself!
  – Recall is your most powerful prep technique
  – Ask yourself similar questions to what the professor asks
Be efficient

• Get the most out of your study time
• Eliminate distractions
• Study in 15-30 minute intervals
• Be active – don’t just look over notes
• Vary the subjects you study
• Study to match your exam format
• Start today!
Take care of your body.

• Don’t sacrifice sleep
• Take plenty of breaks
• Take walks, get outside, breathe fresh air
• Schedule time to relax and de-stress
• Eat healthy

• An overworked, exhausted brain will not perform well!
Use your resources!

- Tutoring
  - [www.etsu.edu/tutoring](http://www.etsu.edu/tutoring)

- Counseling Center
  - [www.etsu.edu/students/counseling/](http://www.etsu.edu/students/counseling/)

- Professor
  - Check syllabus or D2L for contact info

- Classmates
  - Class list on D2L
CROSSING THE FINISH LINE