

# THE A, B, C'S OF SURVIVING FINAL EXAMS

## A. ORGANIZE!

- Write your exam schedule on a sheet of paper and identify study times
- Consider the difficulty of the class
- Ask for help!!!!
- Make and take practice tests
- Complete all assignments
- For each exam, make sure you have everything you need to study: exams with correct answers, homework, flash cards, course outline, class notes, text/lab manual, study guides, midterms, etc.

## B. SPEND YOUR STUDY TIME WISELY!

- Schedule time for adequate sleep, exercise, and meals
- Research shows a good night's sleep is important for retaining information... something about sleep that helps to file data in your head... if you cram all night, nothing gets filed!
- Trying to exercise and eat right during finals is very important!
- People handle stress differently
- Make time for yourself everyday
- Spread studying over several days
- Short, frequent study periods
- Reading and general review= 45-50 minutes with a ten minute break, memorizing= 15-30 minutes
- Alternate subjects
- Don't go more than two hours without a break
- Study groups: students who are as serious about putting in the effort to do well as you.

## C. STRATEGIZE TO OVERCOME PROBLEMS!

- Set your schedule and stick to it!
- Get off the phone!!... unless you are on a break
- Learn to say NO!!!... if you cannot do something because you are studying
- Avoid distractions