

FINAL EXAM PREPARATION

Final exams and finals weeks can be exhausting and at times frustrating, if you feel you are not prepared. Many people rely on all-nighters and caffeine to help them get through the week. The benefits of learning how to prepare for finals are greater than just avoiding cramming the night before the test. This worksheet has many tips on how to get ready for finals.

Questions to ask for each class

During preparation for exams, it is important to know the answers to the following questions. This information can help guide how you proceed with your studies.

How much is the final exam worth? *The greater the weight of the final exam, the more time you should spend preparing for it.*

What is the final exam's format? *Is the exam essay questions, multiple choice, completion, etc?*

Is the final exam comprehensive? *The more comprehensive a final exam is, the more time should be spent on it.*

What impact could the final exam grade have on your semester grade in the class? Are you between grades?

Determine what your grade is prior to the exam and how your anticipated final grade will impact your final grade. If a final exam could raise your final grade to the next letter grade, that course should receive more attention.

Knowing the information to the above questions can help you to prioritize your finals preparation by determining which exams are high priority and which ones are low priority. A high priority final would be a comprehensive final that is 40% of the final grade. A low priority final would be a chapter test that is worth 20% of the final grade.

Tips for Success

- Attend all classes, especially during the last week of class. Professors may share information and announcements that will be helpful for final exam preparation.
- Double check the time and location for the exam.
- Eat meals in the time leading up to the exam instead of snacking. It is important to nourish your body and brain.
- Predict test questions and make yourself a practice test. This helps you identify important concepts.
- Get a full nights sleep before the exam. All-nighters can make it challenging to focus and concentrate on the exam and more difficult to recall information.
- If you are unsure about any of the information, ask the professor or TA. This should be done a week before the exam, and not the night before.
- An effective way to study is with a classmate. Explaining and teaching one another content is very beneficial. If you choose to study with someone, be careful to not get distracted and to stay on task.

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The night before the exam...

1. Eliminate distractions– turn off social media and electronics. The less interruptions, the better for your studying.
 2. Review materials– Briefly review your information. Don't spend time on information that you know well. Review once and then move on to the more challenging content.
 3. Focus on areas that are difficult– The more you understand the challenging information the less you will worry the day of the exam.
 4. Sleep– Study earlier, and go to bed at an early hour. It will help you focus during the exam.
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The morning of the exam...

1. Dress comfortably– You want to be comfortable enough that you can focus but no so comfortable that you want to take a nap. Find the balance.
 2. Get there early– Do not arrive after the test has been passed out. It causes a disruption to everyone in the room and you lose time on the test.
 3. Take a deep breath– You have made it to the final. Take a deep breath and relax. Don't let the stress get to you. Focus on doing your best on the exam.
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Works Cited:

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<http://www.sru.edu/academics/enrollment/academicservices/Documents/College%20Success%20Resources/College%20Success%20PWPTS%20Print%20Copies/Finals%20Exam%20Time%20Management.pdf>

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