

# Final Exam Prep



## The Night Before the Exam



### Distractions

Eliminate Distractions - turn phone off

### Review

Review materials and information

### Focus

Focus on areas that are difficult



## The Morning of the Exam



### Dress Comfortably

You want to be comfortable enough that you can focus but not so comfortable that you want to take a nap. Find the balance.

### 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.

### 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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## Questions to ask for each Class

How much is the final exam worth?

What is the impact on your grade?

What is the final exam's format?

Is the final exam comprehensive?



## 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.

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.