

Millersville Declassified: Final Exam Survival Guide

Preparing for the Exam:

- Look at your final exam schedule and devise your study plan NOW!
- Begin reviewing and studying a week and several days BEFORE the final exam
- Schedule meeting times with your study groups NOW!
- Identify and review the major topics covered on the exam
- Take one topic per day and thoroughly review, relearn, or study it
- Teach the reviewed material. If you cannot teach it well, you do not know it well enough!
- Know what the format of the exam is and predict the exam questions
- Practice taking the predicted exam questions
- Check the following for each final exam:
 - ✓ When and where is the exam?
 - ✓ Is the exam cumulative or does it cover specific chapters?
 - ✓ What material will the exam cover?
 - ✓ Do you have all the information needed to study for the exam?
 - ✓ Are your lecture notes complete?

Time Management:

The time between Thanksgiving Recess and the end of the semester is VERY hectic! Here are some suggestions to effectively manage your time:

- ✓ Plan when and what you will study BEFORE Thanksgiving Recess
- ✓ Write down your plan and share a copy with someone. This will help hold you accountable.
- ✓ Review every day. Take 20-30 minutes for each class to study your notes and study guides.

REMINDER: After Recess, there is only ONE week and ONE day left of classes before exams begin!

How to Handle Everything:

- ✓ Be sure to get enough quality sleep (8 or 9 hours each night)
- ✓ Eat healthy food and get some exercise (walking is good)
- ✓ Drink plenty of water
- ✓ Schedule some, but not too much social time to relieve stress
- ✓ Eliminate distractions while studying to maximize your time and effort
- ✓ Do not multi-task. Multitasking is a fallacy!

Survival Guide for Finals Week:

DO:

- ✓ Make sure you know the time and location of your final exam
 - Double-check it and arrive early!
- ✓ Visualize the grades you want to earn. Write them down. Share them with others
- ✓ Identify and seek out your support network
- ✓ Ask for help!!
- ✓ Utilize active learning strategies such as rewriting your notes and teaching others
- ✓ Study in 20-30-minute chunks and take small breaks between study sessions
- ✓ Between study sessions, review what you just studied to assess your current understanding
- ✓ Take some time- but not too much- to relax during the week
- ✓ Maintain a positive attitude
- ✓ Take responsibility for your success
- ✓ Set rewards for a job well done after final exams are over 😊

DON'T:

- ✗ Stay up all night
- ✗ Overload on caffeine
- ✗ Surround yourself with people who make you stressed or anxious
- ✗ Give in to peer pressure to party
- ✗ Be late for your final exam! Set multiple alarms at various times