

COUNTDOWN TO FINALS

THREE Weeks Prior to Exams

- Find out day, time, scope, and format of all finals. Is there a test review? If yes, when?
- Reread the syllabus for any hints or directions for your preparation.
- Target all the accumulated information that is “fair game” for the exams.
- Divide the information into manageable “chunks”—a note set with additional book information. This is what you’d study at one sitting, for 30-90 minutes, and is a complete “unit” or set of related information.

ONE Week Prior to Exams

- Same as above, but begin to integrate newly acquired information into your study.
- Do not rely on final “review session.”
- Review older information while you “work in” the newest. You may be acquiring new content until the day before the exam!

FINALS:

- Review your finals week schedule.
- Plan your week. Prioritize your time, considering the following:
 - Your current grade in the course
 - The percent of the total course grade the final contributes
 - The number of credit hours the course contributes to your total for graduation
 - The “good impression” value of the course grade
 - Whether the course is elective credit or an important part of your major sequence
 - The time and day of the week for which the final is scheduled

OTHER HELPFUL ADVICE:

- Remember the principle of distributed vs. massed practice: The best study is short, intense, but frequent (more than once a day).
- You should not be studying totally “new” information during finals week. If you encounter totally unfamiliar information too late in the preparation process, you’ll start to convince yourself that if you don’t recognize part of your notes, you must not know *anything*, and you’ll start to lose confidence.
- Never underestimate the power of study groups and visits with your instructors.