Study Tips for College Final Exams

START EARLY
Preparation for exams should begin earlier than the day before the test. You cannot cram an entire semester of information into an all-nighter. Get started at least a week before the exam. DO NOT PROCRASTINATE and DO NOT CRAM!

ORGANIZE
Begin by making yourself a calendar outlining a daily schedule of topics and concepts for review. It has been proven scientifically that our brains handle short review sessions much better than long hours of study. Cover a small amount of material for each class each day. Every time you complete a topic, give yourself a mini review.

REVIEW TESTS, QUIZZES, AND HOMEWORK ASSIGNMENTS
Many comprehensive final exams include some of the same questions from the tests and quizzes taken throughout the semester. Therefore, it is important to review the questions and answers from past tests and quizzes.

CREATE STUDY CARDS
You probably remember using flashcards when you were in elementary school. These types of cards are quite useful in college. You can create cards to study important terms and concepts, formulas, and even quotes from reading assignments.

FORM A STUDY GROUP
Study groups can be great resource when studying for finals. There may already be a study group that meets with a Supplemental Instruction Leader or tutor. Call the Learning Commons at ext. 2389 to ask if a study group exists for any of your classes. If there isn’t an established group, you can form your own. You and your study partners can help each other with difficult concepts or problems; you can compare notes and help each other identify the correct answers from past quizzes and tests. BE CAREFUL-Make sure the group stays on track and you have accurate information.

EXPLAIN THE COURSE MATERIAL TO A FRIEND OR ROOMMATE
Friends and roommates can be helpful in preparing for exams. A simple way to review for an exam and check your understanding of the material is to practice explaining the concepts to a friend or roommate. If you are able to explain a concept or formula to a friend, chances are you understand the material and will be able to address the information on an exam.

ASK FOR HELP
Do not be afraid to request help if you are struggling with a concept or topic. Ask your instructor if you do not understand something. The instructor is your primary resource! You can also check out the academic resources provided by Student Academic Support Services.

TAKE CARE OF YOURSELF
It is always important during times of stress to eat balanced meals, get plenty of sleep, and take time to exercise.

BE CONFIDENT
Do not let panic overwhelm you. Remember to think positive. You can do it!