

# HOW TO STUDY FOR FINALS



## WRITE UP A STUDY PLAN

You are more likely to stick to your goals if they are written somewhere you will look often and be reminded.

## BE SPECIFIC

What will you study - which chapters?  
Which lecture notes?  
What homework will you go over?  
What past tests will you review?



## MAKE A DAILY 'TO-DO' LIST

Prioritize your to-dos, numbering them from most to least important. Include academic and personal items.



## TAKE TIME FOR YOURSELF

Balance is a key to life. Rest, exercise, have fun, AND get things done.

Also, if you fully enjoy your time off from studying, you'll be less likely to resent getting back into it. You'll feel refreshed and ready to focus. And, after working hard, you'll feel like you earned your break and enjoy it more.



## GIVE YOURSELF DEADLINES AND REWARDS

For example, promise to read a certain amount or write x amount of pages by a certain time.

Once you've met your deadline, reward yourself! This encourages repeat performance of the task.

## QUIZ YOURSELF

Better than rereading material or rewriting notes, quizzing yourself helps you see what you do and don't know.

Also, the practice of retrieving information from memory helps to strengthen the memory, improving retention of information.



## ASK FOR HELP

Form study groups with classmates. Ask a family member if they can quiz you.

Teach a friend the material you have to make sure you know. You can use a Peer Success Mentor to do this, too!

## GET SLEEP

'Deep sleep' that occurs in first half of night is valuable for retaining hard facts, so if you have to skip some sleep to study, it is better to wake up earlier than it is to stay up late.

If your test is physical or creative, the morning hours before waking consolidate your motor skills and creative thinking, so stay up later and sleep in.

Naps are healthy for your brain, too!



## TRY NOT TO STRESS

Anxiety and worry will affect your focus and your ability to sleep well - both which are important to performing well.

If you've prepared well, you can let yourself off the hook and not worry about your test results - you have done what you can!

Meet with a Peer Success Mentor, Quantitative Consultant, or Writing Consultant from the Teaching and Learning Center for help!