

TIPS ON STUDYING FOR FINALS

<http://media.www.cunewspaper.com/media/storage/paper1397/news/2010/04/28/StudentLife/Tips-On.Studying.For.Finals-3913822.shtml>
by Elisabeth Duncan

Finals week can be a frustrating and exhausting experience if one is not properly prepared. Most students rely on caffeine rushes and all-nighters to get them through exams, but the benefits of learning how to prepare for finals far outweigh the stresses of staying up all night to cram. Here are five tips for preparing for finals:

DON'T PROCRASTINATE

Waiting to study until the night before an exam is disastrous. Procrastinating causes unnecessary stress and sets one up for failure. Instead, plan ahead. Look at your exam schedule and begin studying for your first, or hardest, final now

FIND A QUIET PLACE TO STUDY

Studying for finals takes a great amount of concentration. Find somewhere to study that is conducive for concentrating and learning. Chose a place of study should be quiet, comfortable, and distraction-free (no cell phones, Facebook, etc).

STUDY WITH A PARTNER

Find a classmate or friend to study with you. This can be extremely beneficial if you are both preparing for the same exam. However, remember to stay focused. Studying with someone may be helpful at times, but it can also be dangerous if you both get distracted easily.

GET ENOUGH SLEEP

Pulling an all-nighter is risky business. While most college students think that studying all night will help them learn more for an exam, all-nighters can actually damage grades. Exhausted students can't concentrate on exams, and cramming for a final can actually reduce the amount of information you remember. Well-rested students, on the other hand, are much more relaxed and alert when it comes time to take exams. Make time to sleep- you'll thank yourself later.

KEEP EVERYTHING IN PERSPECTIVE

Stressing out over an exam will drive you (and everyone around you) crazy and will only damage your performance on the exam. Instead, try to relax. Take a break when you get frustrated. Talk to a friend. Go for a run. Grab a snack. Study for a different subject. Whatever you do, remember that this test isn't the end of the world. Twenty years from now, you probably won't even remember the reason you stressed out so much (or the grade you received).



HOW TO STUDY FOR COLLEGE FINAL EXAMS

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

CREATE STUDY CARDS
You probably are familiar with flashcards from 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. 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. Each student can bring in two practice questions and the group can work together to answer the questions and review the accompanying material. **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.

Prepare for Finals with Reviews, Study Cards, and Study Groups
<http://www.suite101.com/content/college-final-exams-a95588>

10 THINGS TO REMEMBER ON THE DAY OF YOUR EXAM

1. **ARRIVE EARLY.** Know the location and time of your exam. Arrive early to get enough time to settle down before the exam starts.
2. **BE AWAKE FOR THE TEST.** Get a good night's sleep, shower, chew gum, or have a caffeinated drink.
3. **EAT A SMALL BREAKFAST.** It'll be more difficult to concentrate if you're hungry. Don't eat anything that may upset your stomach.
4. **BRING EXTRA WRITING UTENSILS.** You never know when your pencil is going to break or your pen is going to run out of ink.
5. **BRING ALL ESSENTIAL TEST MATERIALS.** Calculator, Notes (if allowed), etc.
6. **GO TO THE BATHROOM.** Self-explanatory. This is another precaution to minimize distractions during the test.
7. **WEAR COMFORTABLE CLOTHES.** You'll want to be comfortable taking the test
8. **BRING ANY NECESSITIES.** Bring a water bottle, tissues, cough drops, etc.
9. **LOOK OVER YOUR NOTES.** Review important information again before the test to refresh your memory.
10. **IT'S JUST A TEST.** Remember that you studied hard and have confidence in yourself

6 Tips to Beat Final Exam Stress Written by Zephyr - CF Editor

<p>1. AVOID STRESSFUL PEOPLE. Stress actually is contagious. During exam week, resist the urge to have a study session with your super-tense friend, their stress will only add to your stress.</p> 	<p>EAT HEALTHY AND EXERCISE. This seems like a no-brainer, but it's a wonder how many people forget it. Skip the sugar, which will make you crash, and go for snacks like granola bars, healthy cereal or fruits and veggies to keep your blood sugar stable. If you're studying for a long period of time, eat some protein too. Also, try to get some form of exercise. Even a 10 minute walk will leave you calmer and more focused.</p> 
<p>JUST SAY NO. Say NO to the people who want to take up your time. Say NO to the distractions and be selfish for a day. You want a good GPA, right?</p> 	<p>FORCE YOURSELF TO TAKE BREAKS. For every hour or so that you work, take a 10 or 15 minute break. Let yourself do whatever you want for those 10-15 minutes, THEN START WORKING AGAIN. This gives your brain a little rest and will help keep you more focused when you are actually doing work.</p> 
<p>VISUALIZE IT ALL GOING RIGHT. Imagine yourself taking the test and feeling confident that you know all the information. Picture getting all of the answers right, and focus on how relaxed you feel. Then picture the A on your test paper. When you imagine a happy ending, that's often what happens, because you make the decisions that lead to it without even realizing.</p> 	<p>GET UP YOUR CONFIDENCE! When test-time rolls around, it's time to get yourself into confidence mode. You've prepared as much as you could, and now it's time to ace the test. The tip here is to do whatever works to convince yourself you are going to do really well. Again, I know this tip sounds a little crazy but you just have to try it for yourself. I think you'll like the results.</p> 

FALL TERM 2010 FINAL EXAM SCHEDULE

http://www.upb.pitt.edu/uploadedFiles/Academics/Course_Catalog-Schedule/Fall2010scheduleofclasses.pdf