

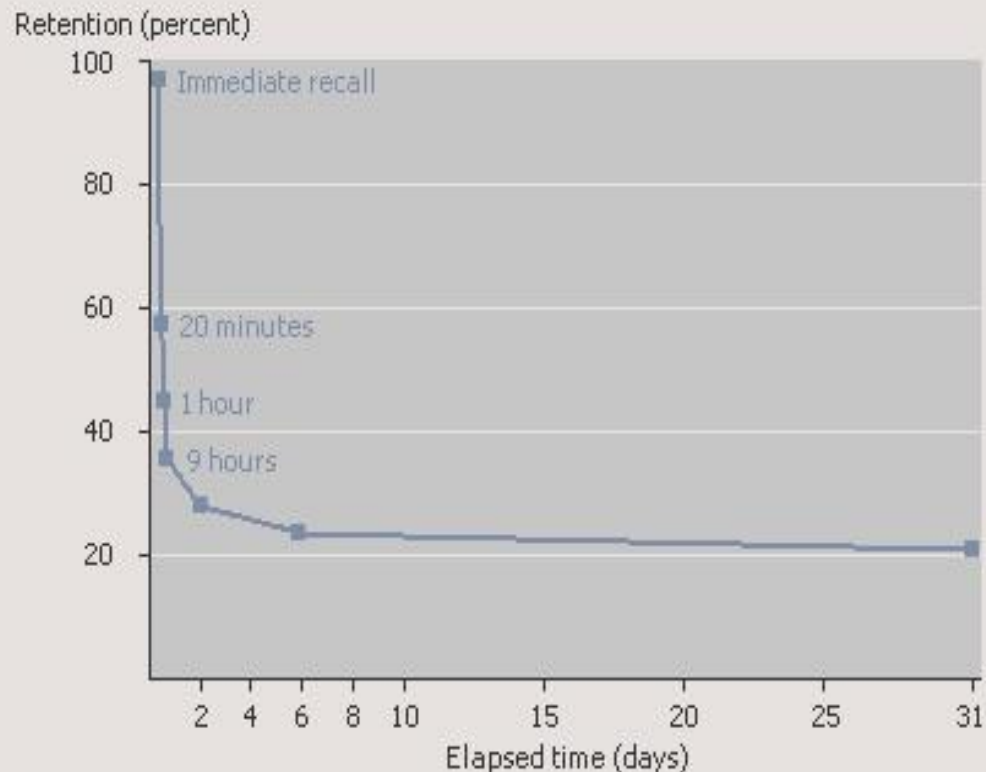
Beating Finals

The Game Plan for Success



Why are Finals Difficult?

- Time Restraint
- Everyone is studying
- Comprehensive material
- Distractions due to upcoming break
- New schedule
- Loss of knowledge



Source: Hermann Ebbinghaus, *Memory: A Contribution to Experimental Psychology*, 1885/1913

Where do I Begin?

The Need to Prioritize

- Identify the classes you can jump a letter grade or the classes you can drop
 - What will affect your GPA?
- Determine workload and assess the time required
 - Unread material: outline as you read to prevent having to go back through material
 - Collect notes, past tests, and other materials
 - Avoid finding these day before since others are at finals

4 Days, 5 Tests...How do I Plan?

- Know your ideal study time
 - When are you tired? When are you distracted? What is my sleeping pattern?
 - Day time studying accomplishes 50% more than nighttime
- Plan for breaks
 - Projects/Big tasks = longer breaks
 - Extensive studying = break every 45 minutes for 15 minutes
 - Memorization = break for 5-10 minutes after 15 minutes

4 Days, 5 Tests...How do I Plan?

- Where to go?
 - Avoid centers of socialization
 - Open Buildings: Haley Center, Parker Hall, Aerospace Engineering, Foy, Hotel and Conference Center
- Sleep is still important (8 hours is ideal)
- Meals and Nutrition
 - Avoid fast food even if it gives you more time to study
 - Carefully watch your intake of stimulants (coffee, coke, etc.)

Create a Plan

- Make a schedule
 - Know your final times
 - Account for breaks
 - Reward yourself after each final (i.e. watch a movie, see a friend, take a nap)
 - Identify priorities and plan for them accordingly
 - Space out material to ensure all needed material is covered

Tackling Comprehensive Exams

- So much material, so little time
 - Take time to review material focusing on: basic concepts, processes, organization, and relationships
- What hurt you in the past
 - Review material you did not know well initially
- Read through material once thoroughly
 - Avoid looking over material several times
 - Write notes about main ideas

Finishing Strong...

Correcting Past Errors

- See your professor to discuss the final exam
 - Ask about format
 - Seek assistance in unclear areas
 - Let them know who you are
- Focus on areas you have struggled in
 - Rework problems
 - Make note-cards for vocabulary
 - Create flow charts and other visual aids

Things to Avoid

- Avoid packing up for home until after your last final
 - Focus on what needs to happen
- Avoid working on just one topic all day
 - Burnout may occur and you may end more quickly
- Avoid waiting until finals
 - Use this time now and you will not be too stressed
 - Use Study Day effectively

Questions? Comments?

