

9 Tips on studying for finals...

OR...How to turn crazy cramming
into CONFIDENCE!!

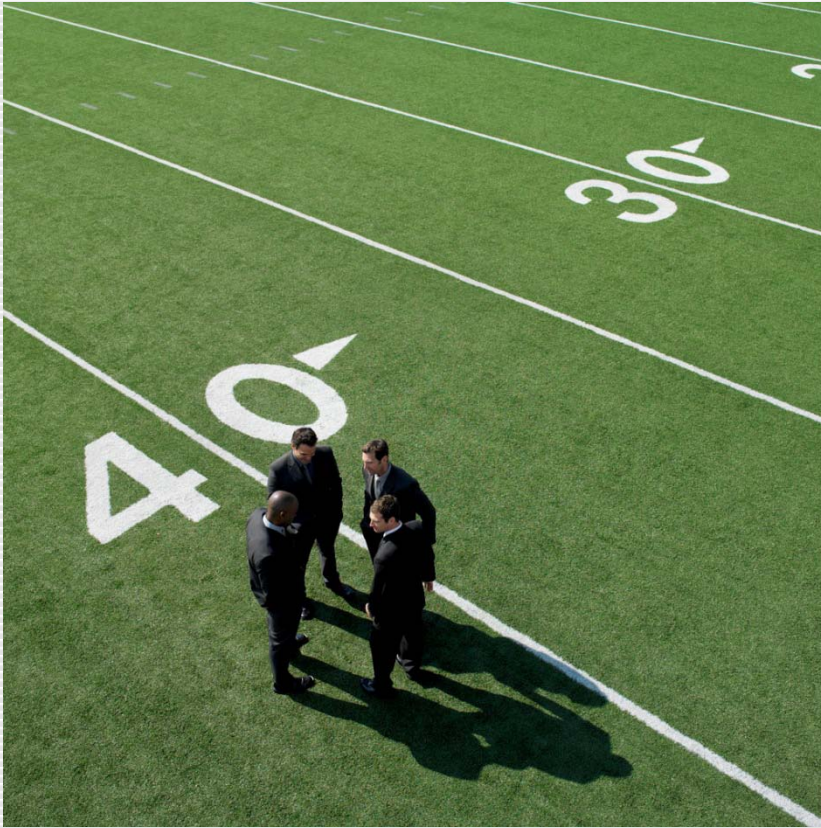


TIP NUMBER ONE:

- Get an early start!
Schedule
out your
study time!



Tip Number Two:

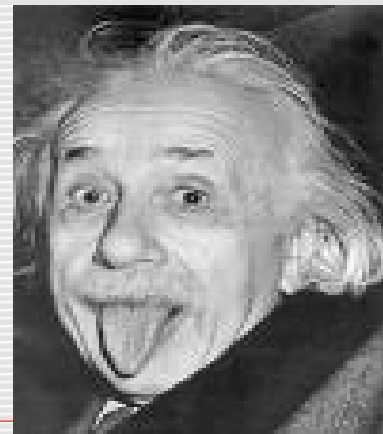
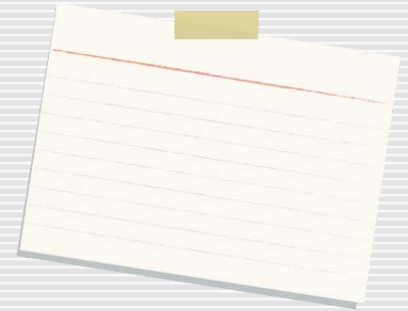


- ❑ **Make a PLAN!**
 - ❑ Use your *Final Exam Study Plan* to help you get organized!
 - ❑ Put your notes in chronological order.
 - ❑ Prioritize! Make a list—start with 3 things...
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Tip Number Three:



- ☐ **Manipulate the information in many different ways....**
- ☐ Make flashcards
- ☐ Turn your study guide into something brain compatible - - - When Einstein thought through a problem, he always found it necessary to formulate his subject in as many different ways as possible, including using diagrams in addition to words and numbers.



Tip Number Four:

- ❑ **Get Help-** the earlier the better!
- ❑ Do you know where to go to get the help you need?



Tip Number Five:

- ❑ Follow your Study Plan!
- ❑ Use strategies--- chunking, repetition, visualization, acronyms



Tip Number Six:



- ☐ **Use test taking strategies:**
 - ☐ Do the questions you know first!
 - ☐ Process of elimination
 - ☐ Superlatives
 - ☐ Don't rush
 - ☐ If you get stuck—skip & come back
 - ☐ Scratch paper for essays and math
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Tip Number Seven:



- ❑ **DON'T PANIC-
PREPARE!**
- ❑ If you are prepared—you can be calm and confident.

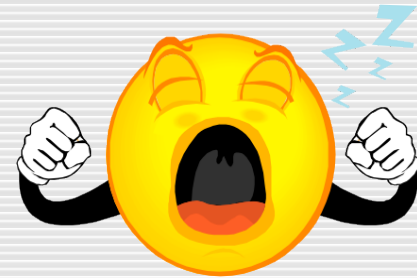


Tip Number Eight:

☐ **SLEEP!!**

☐ Do NOT pull
“all nighters!”

☐ Your brain
needs rest,
too!



Tip Number Nine:

Don't let the stress get you—if it does...

- ☐ Exercise
- ☐ Talk with a friend
- ☐ Take a bath
- ☐ Listen to music
- ☐ Meditate
- ☐ Scream



AND FINALLY---

- ❑ **EAT, SLEEP, and BREATHE!**
- ❑ Take care of your body so your brain can concentrate on what you have learned instead of survival!

