

Classification: _____ Major: _____ GPA: _____

What was the best advice you ever received that helped you prepare for final exams and whom did you receive that advice from?

What was the worst advice you ever received on how to prepare for final exams and whom did you receive that advice from?

What are the top five things that you do to prepare for final exams?

1. _____

2. _____

3. _____

4. _____

5. _____

What is the number one piece of advice you would offer a fellow student on how best to prepare for final exams?

What was the best advice you ever received that helped you prepare for final exams and whom did you receive that advice from?

1. Start studying early! (*upperclassman*)
2. Read all Chapters before going to class that way while listening in class it's just a review. (*girlfriend*)
3. Start studying one month before finals. Everyday study for a different class.
4. Study, study, study. Take breaks get more than four hours of sleep and study some more.
5. Prioritize and balance your study schedule. (*upperclassman*)
6. Study in a quiet and comfortable environment. (*aunt*)
7. Study in advance and do not cram!!! (*CPA Accounting Dept.*)
8. It's the last chance to prove yourself.
9. For every forty-five minutes of studying one subject, take a fifteen minute break. (*Mom*)
10. Start studying a week before. (*all my professors*)
11. Use whatever resources provided to you by professors and/or students.
12. Attend study sessions. (*older sister*)
13. Don't forget to take care of yourself, eat right and workout.
14. Start ahead of time and attend reviews.
15. Plan out your study time ahead of time and stay focused.
16. Late night cramming only hurts – **it doesn't help.**
17. Do not wait until the last minute to start.
18. Space out your studying and don't study the same subject for hours on end. (*orientation leader*)
19. No sleep equals worse grades.
20. Start preparing for finals the first day of class. (*Dad*)
21. It's never too early to start studying for finals. (*advisor*)

What was the worst advice you ever received on how to prepare for final exams and whom did you receive that advice from?

1. Cram!
 - a. Advice from a friend
2. "Just wing it"
3. Study straight through; no breaks
 - a. Advice from upper classmen
4. "Just read the book" there were twenty-two chapters!!!
 - a. Advice from professor
5. Pull an all-nighter!
 - a. Advice from roommate
6. Start studying the day before
 - a. Advice from someone who is no longer here
7. Don't worry about sleep, you can catch up later
 - a. Advice from a former teacher
8. Just skim notes and lightly study or study the night before
 - a. Advice from a fellow student
9. Do not take final exams so seriously
 - a. Advice from a previous friend
10. Don't over prepare for finals
 - a. Advice from peer
11. Take some??????? And stay up the night studying
12. CRAM! , CRAM! , CRAM!

Successful Students Preparing for Final Exams: Top Activities

Mind and Body	
Get adequate sleep	Stay focused
Chose healthy meals/snacks and stock up	Schedule a day of relaxation
Choose a good environment to study	Avoid your known distractions
Relax and don't stress out	Stay positive!
Exercise	Meditate
Avoid excessive time on electronics	Remain confident
Find what works for you to relieve stress	Pray

Academic Preparation	
Start early, don't procrastinate	No cramming
Make test and study schedules	Know day/time of each final exam
Type, organize, review notes	Review previous exams
Read/review textbook chapters	Study in 45 min. increments
Make notecards/flashcards	Note and review definitions
Attend any review sessions offered	Use any provided study guides
Form a study group	Make a practice exam
Use campus resources	Attend SI sessions
Manage free time wisely	
Email/meet with professor to discuss study strategies and/or material questions	