

# Finals Prep Tips

BY TORI

Influenced from the course:  
Learning How to Learn: Powerful mental  
tools to help you master tough subjects by  
McMaster University &  
University of California San Diego

## SPREAD OUT YOUR STUDYING OVER A WHOLE WEEK (AT LEAST!)

- Carve out time daily to study for each class
  - Always starting with reviewing and practicing what you've already studied

## TEST YOURSELF!

- Create your own “mini tests” to practice if you really understand the material
- Test yourself EVERYDAY! Not just the night before
- This could look like:
  - Flash cards
  - Asking questions back and forth with a friend
  - Doing additional problems from online/in text book
  - Re-doing past quiz questions
  - Doing random questions from the practice test
    - What happens when you don't always go in order?
- **REPETITION IS KEY!!!!**

## GIVE YOURSELF BREAKS AND REWARDS!

- Schedule in breaks and time away!
  - This could look like: Studying for 25 minutes straight, then taking 5 mins on my phone while I sit outside. Then another 25 mins, then another 5 min break, etc.
    - Change these times to what makes sense for you, but the goal is give your **FULL ATTENTION** to studying for a bit, then take a **SHORT** break, then get right back into it!

## CRAMMING DOESN'T WORK, I PROMISE!

- Your brain is not created in a way to retain and understand so much information in so little time. You may find yourself memorizing things like vocab, but you will have a challenging time applying them to another concept if you crammed the night before.

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## STUDY BEFORE BED!

- Science shows that you are more likely to continue processing and understanding difficult concepts while you are asleep!
- Create your study plan for the next day before bed!
  - This way you're not subconsciously stressing about all you need to do tomorrow while you sleep!

## EASING YOUR TEST ANXIETY/STRESS

- Get enough sleep the night before!
  - **YOU WILL FOCUS BETTER AND REMEMBER MORE!**
- Do your practice tests with similar factors/challenges in mind:
  - Practice taking the test with the time that you'll have during the actual test
  - If limited notes are allowed, try not relying on your notes
  - Put your phone and other distractions away to prep your attention for the actual exam.
- Go into the test confident that you will do your best and earn whatever grade you can!
  - When the test finally starts there is nothing more you can do to prep, so take the pressure off yourself and just **DO YOUR BEST!**

## DURING THE EXAM

- **\*\*Especially if you struggle with testing anxiety or running out of time!**
- First: Take note of how much time you have to complete the exam.
  - Quickly determine roughly how much time you have to complete each question
    - This will give you a mental game plan going in, and you'll know how much time you can give to a hard question.
- Do the harder questions first! Then go back to the easier ones after
- Move on if you are stuck! Do some easier questions, then go back to the harder ones!
  - You'll probably remember something about how to answer the hard question while you do the easier questions.