

# *Final's Week Guide*

## 1. Plan.

- a. "If you fail to plan, you plan to fail" --- This should serve as a reminder that planning is so important!
- b. There are so many ways to plan for final's week, essential things to do are to see what will be on the test, make a list of that material ranging from what you least understand to what you feel more comfortable being last.
- c. You don't want to be the student who walks out of the test wishing you would've looked over that last concept. Make sure to take in to account how long it will take to go over everything in that list. You want to cover everything that will be on the test.
- d. Spread out the work over the course of several days, it may take five or as little as two days to study everything that will be on the test. Assign practice problems to finish certain days or if your final is an essay list out what days you will edit certain paragraphs.
- e. **Repeat steps above for each final you have!**
- f. Go to the store and stock up on snacks and groceries for meals to have readily available during finals week!

## 2. Just Start.

- a. Now that you have a plan, start it!
- b. Often, we just need to get into a rhythm to get going.
- c. Take necessary breaks. If you are struggling to stay concentrated go to the gym (exercise improves focus so much), nap if you feel tired, drink water to stay hydrated or simply take a 15-minute break. Taking a shower often does the trick too. A great thing to do is step away from your study space when you do take a break.
- d. Reward yourself each day for completing the tasks!

## 3. Day Before Test:

- a. Review and Test yourself.
- b. Can you teach others what you know? If no, go over the material once more until you can explain it!
- c. Make sure you go over the material at least three times to four times! This will make you feel very comfortable with the material.
- d. Get some rest.

## 4. Day of Test:

- a. Ensure you have necessary tools with you before leaving to test.
- b. Arrive to test EARLY, you will be able to arrive in a calm manner. Rushing to the test will only raise your adrenaline.
- c. Listen to oral instructions. Ensure to sign each page if that is necessary.
- d. **Believe in Yourself! You are capable of anything!**

## How to Calculate Grade Needed for Final:

### Example: Math Course

Item	How much its worth / 100	What You Got/100	Value
Homework	0.25	0.90	0.225
Midterm (other was dropped)	0.20	0.70	0.14
Final	0.55	<b>0.799</b>	0.4394
		SUM → FINAL GRADE *100	0.804 → 80.4%

- Multiply the Item's Worth x What You Got for each item
- Add the values and multiply by 100 again!
- Keep in mind this is just a way to estimate the grade for final, you can adjust the highlighted box based on the other values you had for homework and your midterm.
- Also keep in mind your final grade may be curved! Aim for a safe grade!

### → Other Example

Item	How much its worth/100	What You Got/100	Value
Quizzes	0.10	0.60	0.06
Homework	0.10	0.97	0.097
Participation	0.05	0.95	0.048
Midterm	0.15	0.87	0.130
Midterm	0.15	0.76	0.115
Final	0.45	<b>0.80</b>	0.36
		Sum*100 → FINAL GRADE	0.81*100 → 81%