

## Getting Serious About Finals!

### Make It Easy on Yourself!

Start by writing down what you have to complete for each course. Write your plans in pencil on your planner or calendar. ESS offers a special finals calendar along with other helpful hints on study strategies.

Once you plot out how you will approach your studying, you won't worry about whether you'll finish all your work. Working out a schedule will also force you to make some decisions about how to maximize your time.

### Go See Your Professors

This advice is especially important if you aren't sure what your will finals cover or what is expected on a project or paper. Finding out this information will allow you to focus on what's really important learning the material rather than worrying about what you don't understand.

### Find a Study Partner

Studying for finals is a lonely process. Find a good student, better still a good student who is preparing for some of your same finals. You and your study partner can plan where and when you'll study. It's easier to get up in the morning to study if you know that you are expected to meet your study partner at an arranged time.

### Get Out of Your Room

As comfortable as it may be to study in your room, you will accomplish more if you find a place that is just for studying. In the residence hall, there will be lots of people who are procrastinating, and procrastinators love company. They will end up in your room! Alternate where you study: a library, the hospital atrium, or an empty classroom. Plan 50-minute blocks with 10-minute breaks. When your concentration flags, do something to refocus.

### Be Active

If you are preparing for a problem-solving test, then solve problems--lots of them. Be sure that much of your practice imitates the exact exam environment. In other words, if you cannot have any aids while taking the exam, do at least one practice exam without using the text, notes, or help from a tutor or friend.

If you are preparing for a multiple-choice or essay exam, create summary sheets of your notes. The act of synthesizing the information into a written format will help you learn the material.

### Talk It Out

ESS staff members are available during finals week to help you. Call 368-5230 to arrange an appointment to see an ESS professional. We will listen to your concerns and help you design your best approach to handling your test preparation.

