

Top Ten Tips to Prepare for Finals

10. **Start now, don't put it off.** You have 16 weeks of material to review for multiple courses. That is probably on top of large papers or assignments.

9. **Plan.** Make a list of what needs to get done, and plan out on your calendar when you can achieve each of those things. Make sure to be realistic and take into consideration other obligations (like class and work).

8. **Relax.** Don't stress yourself out too much—that will make you less productive. Not only will things take longer, but the studying you do, you will get less out of if your mind is stressing about all the other things you need to do.

7. **Prioritize.** Sometimes everything isn't going to get done, so you need to prioritize. That doesn't mean you can excuse yourself from class, or writing a paper, it just means you need to figure out what is important and do those things first. That can often help alleviate stress and allow you to get more done in the long run.

6. **Study in chunks.** Do not sit down and study the same thing for 4 hours, your brain will not retain all of that information. Make sure to keep it fresh and take lots of productive study breaks.

5. **Find a study buddy.** A study buddy should keep you on track, not pull you off of it. You can help each other by sharing notes, quizzing each other, or just being moral support. You don't even need to be taking the same classes, sometimes it is helpful just to have someone nearby who knows you need to study, so you don't get distracted and waste time.

4. **Go to review sessions.** If there is a review session offered for a class by a TA or the professor, go. No excuses. It will break up the monotony of working by yourself and you are likely to get more specifics about the format and content of the exam.

2. **Sleep and Eat.** Not sleeping cannot be completely remedied by coffee—no matter how much you drink. It's better to get some sleep than to study for a few extra hours. You won't retain the information you cram in when you're sleep deprived, and you will be less productive in the days following until your body recovers. We also know that pizza is great study food, but not when you eat it for 3 meals a day for 2 weeks. At least add some veggies to it.

3. **Find the right location.** Where you study during most of the semester may not always be the most productive place to study for finals. We all know certain areas of campus are busier (like the library), which may add distractions. Make sure it's the right volume for you, and comfortable but not *too* comfortable.

1. **Be awesome.** You've worked hard all semester, don't discount that effort. Believe in yourself and look forward to winter break at the end of the finals tunnel.