

Preparing for finals

UNIVERSITY COLLEGE,
Julia N. Visor Academic Center

ucollege.ilstu.edu/workshops



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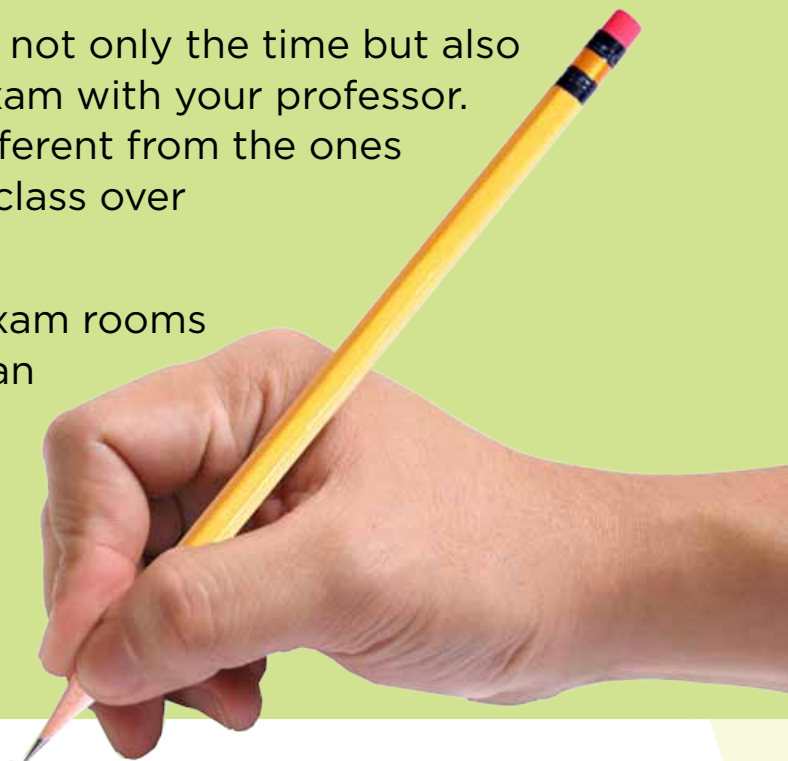
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Putting together a schedule

Finals Week is completely different from your regular class schedule, and many exams will be scheduled at different times from when your class has met during the semester.

- It is important to create a schedule of your exam times and locations so that you know when you need to be ready.
- Make sure to confirm not only the time but also the location of the exam with your professor. Locations may be different from the ones where you have had class over the semester.
- Be sure to visit the exam rooms beforehand so you can be sure to arrive on time and you know where you want to sit.



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Effectively using flash cards

Flash cards can be a great study tool if used effectively.

- You must start creating flash cards early, so **DO NOT** put off making them until the night before the exam.
- Create flash cards as you read your assignments, while reviewing your notes, or even during study sessions.
- Break your flash cards up into three categories
 1. Don't Know
 2. Unsure
 3. Sure
- Go through your cards until you are sure of all of them. Spend more time on those that you are “Unsure” of or you “Don't Know.”

Don't Know

Unsure

Sure



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Creating a study environment

Creating a useful study environment is very important to successfully prepare for exams. Follow these quick tips to make your own study environment:

1. Find a space away from distractions:

- roommates
- loud noises
- electronics
- friends

2. Find a space that allows you to have the room to move around or spread out:

- the library
- your room
- lounges

3. Plan on taking all of your resources or supplies with you by either making a list or double checking that you have everything.



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Final countdown: Staying awake

Students more often than not find themselves the night before the exam trying to stay up and pull an all-nighter.

This is **NOT** something we recommend (because sleep can often give you the opportunity to work through the difficult information and know it the next day), but here are some suggestions to beat back the sleep.

- 1. Eat healthy foods:** Small snacks like fruit, nuts, or yogurt are good for keeping up energy and staying awake. Avoid big, heavy, or fatty meals, which can leave you comatose in no time.
- 2. Caffeine:** Smaller sips over a longer period help you stay awake and focused rather than a lot in one sitting.
- 3. Find A Buddy:** A buddy can keep you awake and quiz you.



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Relaxation techniques

If you find yourself becoming anxious, take deep breaths and practice some relaxation techniques.

1. A great relaxation method during long study hours is first tensing your muscles and then relaxing them. Tense muscles are likely to develop as you study for hours in the same chair. Make sure you take some time to relax those areas that are tense.
2. If you are an active person, take time to work out, especially if you work out often. It is important to stick to your normal schedule and still make time to work out.
3. Take time to clear your mind before going to sleep. Do not start worrying about what still needs to be done or you will be more stressed out the next day.
4. Student Counseling Services is an excellent resource for managing anxiety and learning to relax.



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Want more information?

The tips and information given here are just the tip of the iceberg.

The Julia N. Visor Academic Center gives Preparing for Finals workshops to get you ready for your finals.

The following times for this workshop are:

Tuesday, April 24 at 2-3 p.m., Vrooman 107

Wednesday, April 25 at 2-3 p.m., Vrooman 107

Thursday, April 26 at 4-5 p.m., Vrooman 107

Tuesday, May 1 at 3-4 p.m., Vrooman 107

Wednesday, May 2 at 4-5 p.m., Vrooman 107

Thursday, May 3 at 5-6 p.m., Vrooman 107



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