



Final Exam Preparation Tips

One important factor that will influence the outcome of final exams is a student's frame of mind. So, start with a positive attitude and psych yourself up to succeed.

Find out what you can about the test:

- Listen closely as your **teacher** describes the test and reviews material.
- Read the **course syllabus since** it will contain information about the final exam and how much of your total semester grade the final is worth.
- Reviewing **prior tests** in the course **targets** and **study guides** will help you know what material to focus on for the final and help you prepare.

Set up a study schedule:

- Final exams are not a surprise! You know about them in advance and should be studying throughout the semester for them.
- When it comes to studying, **start early and start small**. In the final weeks or month before finals, **analyze your study needs for each class**. As you move closer to the final, **increase the length and depth of your review**.
- Set up **regular study sessions for each class**. Dedicate one day for final exam preparation per subject each week, i.e. Math on Mondays.
- **Review** course materials (i.e. notes, old homework assignments, vocabulary, study guides and the book) to help you prepare.
- **Maximize your learning style**: audio people recite, hands-on people write, visual people draw, or use **all** of the learning modes, esp. for your most difficult subjects.
- **Take advantage of opportunities for extra help** from your teacher and NCHS academic resources! If your teacher offers review sessions, be sure to attend.
- To check your **understanding of key concepts**, you may want to try **doing, explaining, teaching, demonstrating and quizzing** yourself. The purpose of these study methods is to emphasize that **LEARNING IS ACTIVE, NOT PASSIVE!**
- **Phrase each concept that might appear on the final exam in terms of an action verb**. For example, it's not enough in a calculus class to say "Understand the Chain Rule". Rephrase this as "Calculate derivatives of a function using the Chain Rule". If you can do that task repeatedly, accurately and with confidence, then you're ready.
- Do a calm, relaxed and **brief review just before bed the night before a final** to let your subconscious aid in long-term memory. You shouldn't need to cram!
- Go to bed early and **get a good night's sleep**.

Control your concentration:

- Choose a place to study where you will not be interrupted.
- Eliminate distractions. Turn off your cell phone and log off of IM, Facebook, etc.
- Study in groups only if it is helpful to you and not a distraction.

On the day of the Final Exam:

- **Eat a good breakfast**. The ideal is a combination of protein and complex carbohydrates – don't eat junk food!
- Get to your classroom a little ahead of time. Don't listen others stress about the final in the hallway! Instead, do a little deep-breathing or visualization to calm yourself!
- **Listen carefully** to instructions the teacher gives and **read directions carefully**.
- **Read every word in the test question**.
- **Plan your time**. Attempt to **answer all of the questions**. Skip questions you don't know, answering those you are sure of, then go back to the ones you skipped.
- **Double-check your work** for errors before turning in the exam.