



# FIRST YEAR



Preparing for Finals



# Preparing for Finals

## Contents

### What we will cover:

- **Organization**
- **Setting**
- **Resources**
- **Mindset**

## Get organized before you start:

- **Make a list of your classes**
- **For each class list what type of final you have**
  - Essay? Multiple Choice? Formulas?
  - Cumulative? Single Unit? Capstone?
- **Write down how much each final is worth**
- **Make a schedule of when you have exams**
- **Finally, make a schedule of when you will study**

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## **Create an environment for work:**

- **When you're studying, minimize distractions.**
- **Block out (or at least limit) social media until after finals**
- **Ask friends and family to help you stay focused**
- **Figure out how you study best:**
  - In a group or alone?
  - Quiet or with some music?
  - What time of day can you best concentrate?
  - Highlight? Outlines? Notecards? Quizlets?
- **Take frequent breaks (but not too frequent)**

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**There are a lot of resources to help you:**

- **The Tutoring Resource Center**
- **The Writing Center**
- **The Math Tutoring Clinic and Emporium**
- **The Ansell Commons**
- **Your Instructor**
- **Review sessions**
- **Fellow students**

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## To stay positive and stay focused:

- **Maintain a growth mindset**
- **Think of how great it will feel to look back at your hard work.**
- **Remember the body, mind, spirit connection.**
  - Eat well
  - Exercise
  - Rest
  - Breathe
- **Getting started is sometimes the hardest part.**

*Final Exam Planner*