

Preparing for Finals

As you prepare for your finals this year, think about how you can set yourself up for success. Below are some of the do's and don'ts to consider when studying.

DO: Create a study guide by topic. Formulate questions and problems for each topic, create your own quiz, develop flashcards.

DON'T: Just read the material without engaging in it. Research shows that students who are building connections with material and forming examples are more likely to remember the information.

DO: Become the teacher. Say the information out loud in your own words as if you are teaching the material to another person.

DO: Develop mind maps and diagrams to explain the material.

DON'T: Cram the night before. Studies show that students who set aside 15-30 min. each day leading up to a final retain the information better in long term memory than trying to learn it all in one night.

DO: Get a good night's rest! Sleep is one of the most important things you can do in preparing for a test.

DO: Find the environment that works for you. A quiet library may not be the ideal environment for a student who learns better with background noises. The silence itself can be a distraction.

Did you know?

We all deal with worry. Sometimes, the worries can feel manageable, and other times, our worries are so large, they consume up. Clear Fear is a free app that helps to manage and overcome anxieties and worries through a variety of strategies. [Learn more here.](#)



Reminders

Jan. 18: No School

Jan. 19-22: Finals Week

Jan. 22: Last Day of Semester

Jan. 30: College Planning Day

Progressive Muscle Relaxation

Progressive Muscle Relaxation is a great way to reduce stress before an exam.

Try it now!



Study Tips



Don't forget to make an appointment with your counselor through [Calendly!](#)