



Countdown to Finals

3 Weeks Before Your Final Exam

Focus on organizing.

- Ask instructors about the content and format of final exams.
- Answer questions from tests that you didn't know the first time.
- Determine what you know and understand and what you do not know and understand.
- Set aside a specific time each day that you dedicate to finals prep.
- Organize all notes for review.

2 Weeks Before Your Final Exam

Create mini-review sessions.

- Review old test and study materials provided by instructor or class notes.
- Create note cards to increase your understanding of details and concepts.
- Develop a study schedule by estimating how much time each item on your study task list will take to complete (review sheets of important material).
- Create a study task list of all material to be reviewed, including textbook chapters, notes, study questions, problems to be practiced, etc.
- Block out time for each course. This is your plan of action!

1 Week Before Your Final Exam

Focus on reviewing and resting.

- Reduce test anxiety by avoiding last-minute cramming right before your exams.
 - Review summary sheets, create self-tests and continue to review by skimming important information.
 - Take time to relax! Get plenty of sleep, eat well, and stay active!
 - If it's an online exam, practice using the technology before you need it to avoid problems.
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