Ready for Finals?

PREPARING FOR FINALS

When are My Finals?
Figure out the date, time and location of your finals.
http://registrar.okstate.edu/Final-Exam-Schedule-Fall-2014

Commit More and Less:
Commit 10 days to finals week.
• Commit more time to studying and less to social events.
• Schedule fewer work hours and avoid additional commitments and time-consuming distractions.
• Give yourself a minimum of 5 days to prepare for each exam in order to retain all of the information.

Create a Plan
Break each exam into sections. Study a little each day. Plan and record the time, subject, and length of study times for each day. Take breaks and switch subjects every hour or so.

Distribute Your Study Time
Know the value of your final and what possible grades you can still achieve. Be strategic with your time, place your energy where the most rewards are possible. Spend more time on courses that are more difficult or that you need a better score on. Spend less time on courses that you are already confident in.

Finish Coursework Early
Finish your other assignments as early as possible to give yourself more time to concentrate on final exams.

Know What to Study
• Is the final comprehensive?
• What sections and concepts will it cover?

Use Available Resources
Use study guides, review sessions, class notes, previous assignments, and examples in the book. Take practice test or create your own practice test and take it like a real test. Also, don’t be scared to ask your professor or TA questions.

Be Prepared to Study
Re-organize your notes and study materials for each exam, and find a study space that is free of distractions.

Study to Your Learning Style
• Visual – Draw, diagram, map, and color code.
• Aural (hearing) – Read it out loud, make it a song, or study in groups.
• Reading/Writing – Write it, read it, take notes on it, read and write it again.
• Kinesthetic (doing/touching) – Use flash cards, move around, and say it out loud.
Do what has worked for you and do it more!

Practice Relaxing
Practice relaxation and de-stressing techniques
while studying and taking practice tests. This should make it easier to use them during the real test.

**Prepare Your Body**
Avoid all-nighters, massive amounts of energy drinks and junk food. Your brain functions better when it is rested. Eating healthy and staying hydrated (drink water!) will also help your brain function at its best.

**Visit Your Academic Success Coach**
Check in with your coach to fine tune your plan, explore additional study and test taking skills, and discuss the best methods for you to be successful.

**ON TEST DAY**

**Develop Your Answers**
Explain and support your answer. Many times essays are graded on how well you explain and support your answer, remember to have specific examples and avoid generalizations.

**Make it Easy to Grade**
Start the response with the question you chose. Write clear statements with legible handwriting. Show all of your work.

**Notice Your Environment**
Sit where you are comfortable, whether it is the front, back, isle or wall. Position yourself away from distractions.

**Prepare Your Body**
Your brain functions better when it is rested. Eating healthy, staying hydrated, and light exercise will also help your brain function at its best.

**Be On Time**

**RESOURCES**

- **Edmon Low Library**
  Open 24 hours a day from Sunday, November 30th to Friday December 12th
- **Reboot Center**
  For relaxation and stress relief – 320W Student Union
- **Colvin Center**
  Closes at 9:00 PM from November 28th to December 12th
- **VARK Learning Styles Assessment**

For more information, please visit lasso.okstate.edu/success-coaches or contact Lasso at (405) 744-3309 successcoach@okstate.edu