

Countdown to Finals!

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Weeks before

Nov. 14-20

Organization

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



Weeks before

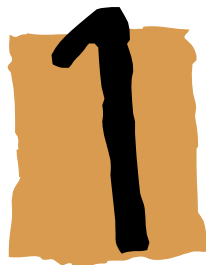
Nov. 21-27

Mini-Review

- Conduct short reviews of course material.
- Organize your notes for systematic review.
- Develop summary sheets and/or mind maps of important material.
- Create note cards to increase (ensure) under-

standing of details and concepts.

- Create a study task list of all material to be reviewed, including textbook chapters, notes, study questions, problems to be practiced, etc.
- Develop a study schedule by estimating how much time each item on your study task list will take to complete.
- Block out time for each activity.
This is your Plan of Action!



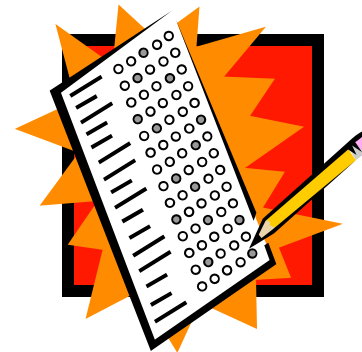
Week Before

Nov. 28-Dec. 4

Intensive Study

- Follow study schedule developed the previous week.
- Focus on comprehension—summarize course concepts in your own words.
- Take breaks!
- Use mind maps to give visual organization to course material—look for relationships.
- Increase retention by linking new information to things you already know.

- Apply the concepts! Ask—what's an example of this? How and when would I use this?
- Create mnemonic devices for memorization of vocabulary terms.
- Outline answers for possible essay questions.
- Work practice problems for math-based courses.



Exam Week

Dec. 5-10

Review

- Take time to relax!
- Review summary sheets and/or mind maps.
- Continue to review textbook: look over headings and subheadings; topic, introductory and summary statements.
- Recite and summarize information aloud.
- Create and take self-tests.
- Reduce test anxiety by avoiding last-minute cramming right before your exams.
- Eat well and stay active!
- Get plenty of sleep.