

FINAL EXAMS PREP

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SET A DEDICATED SPACE

Begin your study session prepared: water, snacks, notes, textbooks, laptop, chargers

Bring only what you need to a study session--if you don't need your phone leave it out of the room

Avoid studying on your bed!



HONOR THE BRAIN-BODY CONNECTION

The brain will always prioritize physiological needs.

Stay hydrated- even mild dehydration can lessen focus

Prioritize quality sleep- lack of deep sleep impacts the brain's ability to both store and retrieve long-term memories--like those you need to access on exams.

TEST YOUR UNDERSTANDING

Are you a victim of the illusion of knowing?

Students who see terms/concepts often assume they've mastered it.

Test your understanding by teaching it to someone else. If you can (correctly) explain it in your own words, you understand it.

STUDY SMART

Rather than reviewing notes, interact with the material and get creative.

Create 'question-answer' flashcards rather than definition-only ones.

Design a mind-map, draw concepts, generate concrete examples of terms...

IDENTIFY WHAT YOU DON'T KNOW

Don't fall into the trap of glazing over what you don't know.

Evaluate and rate your understanding of course material to determine where you should prioritize your time and efforts.



TAKE BREAKS

Use the Pomodoro technique: 25 minutes of intensive, active studying, with a 5 minute break, complete 3-4 of these and then take a longer break

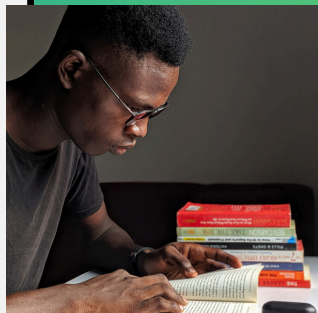
Make sure whatever you do on breaks does not distract you into the next study session.

FACE YOUR STRESS

Ignoring stressors will only make them more persistent.

Be honest with yourself about your emotional state and talk to someone or make use of [CAPS](#)

Compartmentalize your worries: simply put, schedule time to deal with stressors, just as you would to study. Making time to validate your stress will keep it from resurfacing during study sessions.



CUSTOMIZE A STUDY PLAN WITH US!

Our Study Skills Coaches are available virtually and face-to-face to create a customized study plan based on your specific needs.

