Facts and Snacks presents:
Preparing for Finals

Workshop #8
Tuesday April 18, 2017
Agenda

PART ONE
• The Logistics: when, where, what else
• The Basics: time management, organization, study space
• The Specifics: studying alone vs. in groups

PART TWO
• Health and wellness: anxiety, sleep, nutrition
• Campus resources: tutoring, labs, libraries
• What you should be doing now
Am I ready for finals?

kahoot.it

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The Logistics

When is my final?

- Finals week: Saturday May 6th, Monday May 8th - Friday May 12th
- Specific course information?
  - Classes that include several sections meeting together
    - Look at the Spring 2017 Mass Exam Schedule
  - Classes that meet as a stand alone class
    - Look at the Spring 2017 Standard Exam Schedule
  - Check your syllabus
  - Contact your…
    - Professor
    - TA
    - Department
The Logistics

Where is my final?

- Same room that your class has been in this semester
- Still not sure?
  - Check your syllabus
  - Check with your professor
- Disability Resource Center (DRC)
  - Exam will be here if you are registered with them and request accommodations
  - MUST fill out this form
    - Deadline: 5 full business days before exam date
  - More info on their website
The Logistics

What if I have more questions?

• Do I have to take the final?
• What happens if I miss the final?
• What will the format of the final be?
• Will I be allowed to use a calculator or other supplements?
• What if I have more than one final during the same time?

Consult your syllabus or professor!

Final Exam Policy and Information
What needs to get done?

http://note.ly/
The Basics

Time Management

Write everything down!

• Weekly schedule
  – Start now, through end of finals

• What to include
  – Final exams (ALL information)
  – Last few class meetings
    • Highlight class meetings in which reviews will be done
  – Outside study sessions
  – Personal study schedule
    • 50/10 strategy- adjust to your needs

• Daily task list
  – Both academic and personal needs
  – Communication log
  – Prioritize at least 3 items
  – Cross them off!
The Basics

Organization

- Organization tools
  - Sticky notes/tabs
  - Highlighters
  - Planner
  - White board
  - Notecards
- Make separate exam files
- Create a study guide
- Set goals—make sure they’re S.M.A.R.T!
The Basics

Study Space

- Designate one space as the study space
- Recreate your environment
- Get comfortable, but not too comfortable
- Look for natural light
- Try ambient sounds or classical music
- Turn phone on night mode/silent and keep it out of sight
- Keep it positive
- Remember to leave
The Specifics

Studying Solo

• Benefits
  – Minimizes distractions
  – Allows you to pace yourself
  – Improves focus

• Disadvantages
  – Lack of shared information
  – Much more work

Recommended study route:

1) Gather all notes
2) Organize by sections, chronologically
3) Put tabs in book(s) to separate chapters
   1) Use different tab color to mark concepts you need resolved
4) Identify missing pieces, questions
   1) Create a document of these
5) Note office hour times
6) Plan to attend office hours to get answers
7) Integrate answers into study materials
8) Repeat!

*NOTE: Use online study support programs
The Specifics

Studying with One or More

• Benefits
  – Increases retention
  – Expands access to information
  – Boosts motivation

• Disadvantages
  – Can get off-task
  – Pace could be slow

Recommended study route:

1) Gather individual notes
2) Identify strengths
3) Establish collaborative document
   1) Color code
   2) Use symbols
   3) Fill in any missing info
4) Create 10-15 questions per section
   1) Put in a separate document
5) Randomize questions and take turns asking/answering during study group
Health & Wellness

Physical Health
- Do not sacrifice sleep!
  - All-nighters do not equal higher scores
  - Time management is key
- Keep nutrition up
  - Caffeine in moderation
  - Pack food if studying somewhere other than home
- Get in mini exercises throughout studying
  - Walk
  - Stretch
  - Just move!

Mental Health
- Anxiety
  - Mindfulness while studying
  - Deep breathing exercises
  - Ground yourself
- Stress
  - Study early and often
  - Importance of breaks
  - Relax
Campus Resources

- PAL Drop-In Tutoring Centers
- Founders Library
- Law Library
- Computer labs across campus
- Counseling & Consultation Services
- Department-specific resources
- More academic support
What can you do now?

- Identify the time, date and location of all your finals
- Ask your professor/TA what will be covered on the final- study guide perhaps?
- Format
- Calculate the grade you need to pass
- Gather all notes, lecture slides, supplemental reading, books and start organizing
  - Start identifying most difficult concepts
- Coordinate study groups
- Map out your schedule for the next 4 weeks
- Buy a planner or print out templates