

Finals Preparation Workshop



BEFORE THE TEST

- ▶ Attend class regularly
- ▶ Participate. Ask questions. Meet with your professor.
- ▶ Take notes
 - ▶ Color/highlighting notes as you read them improves recall time
 - ▶ Review a little each day to avoid cramming the day before
- ▶ Limit Distractions in class and while studying
- ▶ **T-Area Seating** can help students stay focused and engaged
 - ▶ Students in the front, middle, and back rows of class scored 80%, 71.6%, and 68.1% respectively on course exams (Giles, 1982)

Where/When Should You Study?

Some of the major factors you should consider when choosing a place to study are:

- Comfort (but not too comfortable – bed)
- Free of Distractions
- Alternating locations
- Studying at different times of day



Studying to the Beat

Research shows that the best kind of music to study to is songs with ambient beats, like the kind found in **classical music**. Try making a playlist of 40-50 songs to listen to before you start studying!

- ➔ Avoid the radio, it can be very distracting!
- ➔ Try listening to the ambient songs before you sleep the night before the exam. It'll help put you in the right state of mind!

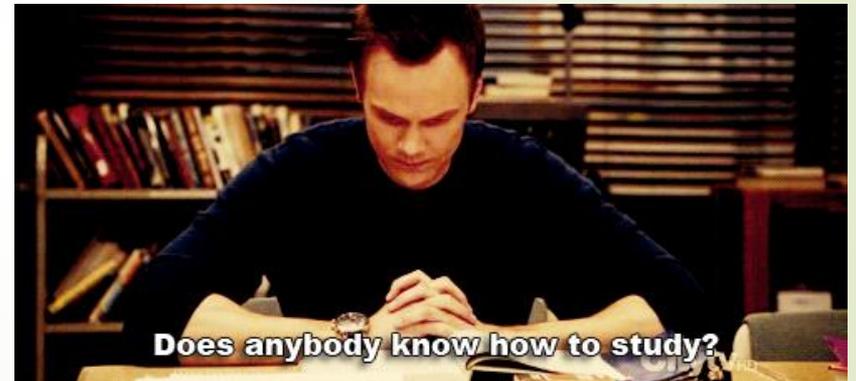


Methods of Revision

Everyone is different in the way they recall things they learn. What has worked for you before?

When trying to study keep in mind what kind of learner you are and go from there!

- Visual
- Auditory
- Tactile



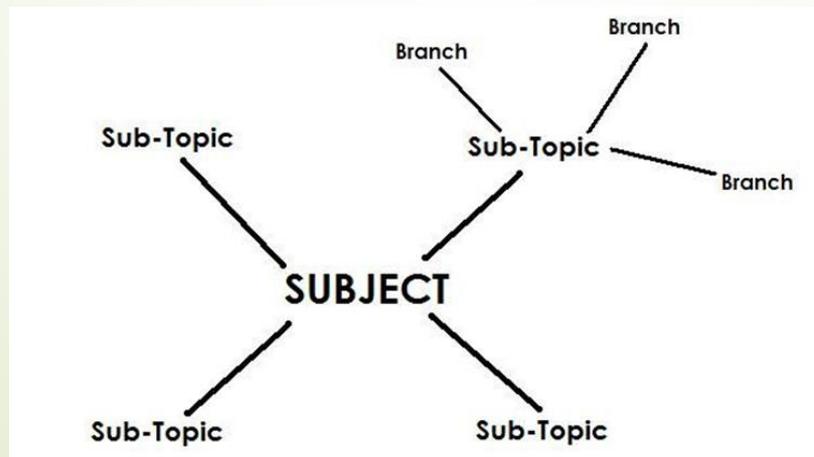
Remember, there's no wrong way to learn. Do what works best for you!

One style may work better when studying for certain subjects!



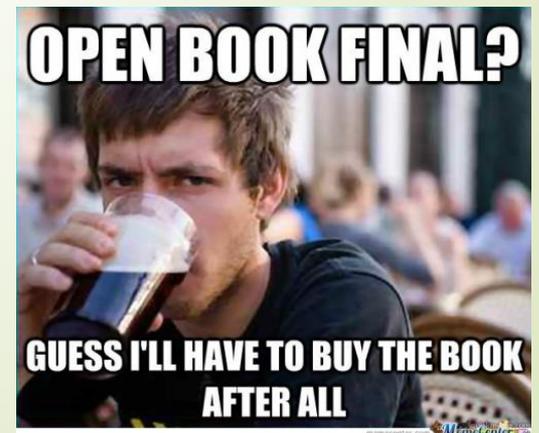
Methods of Revision

- ▶ **Auditory** - Record lectures, say things out loud, group discussion, mnemonic devices - Superior, Michigan, Huron, Erie, Ontario/Super Man Helps Every One.
- ▶ **Tactile** - Writing helps retain info, use examples, study with others, occupy your hands e.g. stress ball, order/group flash cards, study in blocks.
- ▶ **Visual** - Make graphs, diagrams, spider diagrams & concept/mind maps with visual symbols, close eyes & visualize, use colors, limit info on flashcards.



Use Your Resources

- Identify the **exam format** (Essay? Multiple Choice? Etc.)
- Take advantage of any and all **Practice Exams**
- Review **old tests** if available. Knowing the instructor's testing style/format allows you to know what to expect.
- **Quiz yourself** - cover up your notes & try to explain them or even create your own practice test.





Time Management

Cramming causes **anxiety**, which lowers your ability to retain information.

Create a **master plan**; a **schedule** to help you study a little bit of each subject in the exam to help you retain the information better.

Try studying **15 minutes** of each subject **every day!**

Ensure you aren't covering things for the **first** (or even second time) immediately before the test.

This allows you time to ask questions and gain clarification **ahead of time.**

Time Management

Try reviewing the **toughest material right before going to bed** the night before the test. It makes it easier to recall the material later!

6 hours or fewer of sleep = **more stressed, tired, less focus**



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All nighters impair reasoning and memory for as long as *four days*.

Sleep **quality** is just as important as **quantity**!

Test Taking Tips

- ▶ What has worked/not before?
One size doesn't fit all.
- ▶ **How long** do you have to take the exam?
- ▶ **How many** questions are there?
- ▶ **How much** is each question worth?
- ▶ Read every question **twice**
- ▶ **Don't linger** if you don't know!
Move on & come back to the questions you couldn't answer after you finish. Have a strategy for if you are unsure.
- ▶ Always **check your spelling and grammar.**
- ▶ If you have time left after answering everything, go back and **review**

What else can you do?

- **Reduce your Anxiety!** – Try stretching, listening to your favorite music and breathing deeply.
- **Say YES to Cardio!** – Even 20 minutes of cardio has proven to improve your memory.
- **Eat Superfoods!** – Studies show students that eat a healthier meal before taking an exam perform better!
- **Eat right** – Nuts, berries and fish improve memory. Eating a breakfast of wholegrains the day of helps focus. Avoid high/refined sugar, white carbs and turkey which all make you feel tired! Also drink lots of “good” fluids such as water and tea – avoid caffeine!
- Change up **your routine** the morning of the test (take a walk, meditate, spend time with your pet, listen to your favorite song, not rushing out the door)



- ▶ **Your Instructor!** (Contact info found on the class syllabus, or by using the UNO website directory)
- ▶ **Tutoring Centers** (Contact the department)
- ▶ **Disability Services** (UC 2nd floor, 280.6222)
- ▶ **Counseling Services** (UC 2nd floor, 280.6683, online appointment scheduling available)
- ▶ **First Year Experience** (Library 1st floor, 280.6220, fye@uno.edu)
- ▶ **Earl K. Long Library**
- ▶ **REC Center**

UNO Resources

FINALS TIPS

Presented by:

UNO's First Year Experience

@unofye

FYE@uno.edu

Best of Luck from...



THE UNIVERSITY of
NEW ORLEANS

FIRST YEAR EXPERIENCE

#10 Don't Cram! Create a study plan and spread out the content you need to review over the days and weeks leading up to finals.

#9 Figure out what's covered!

Use any information your professor provides like study guides or review information to help you know what will be on the exam.



#8: Shed some commitments: Do everything you can to make time for studying and preparing for finals.

#7: Meet with your professor: Stop by office hours to discuss concepts, ask questions about lectures, or just to find out what types of topics the final will cover.



#6: Find your spot to focus: Where do you study best – In your room? In the library? At a coffee shop?

#5: Disconnect! When you study, get off of Facebook, Pinterest, Twitter, and email for an hour or so at a time.



#4: Stay healthy – water, sleep, and breakfast: During the time leading up to finals, don't forget to get enough sleep, stay hydrated by drinking water, and eat regular meals.

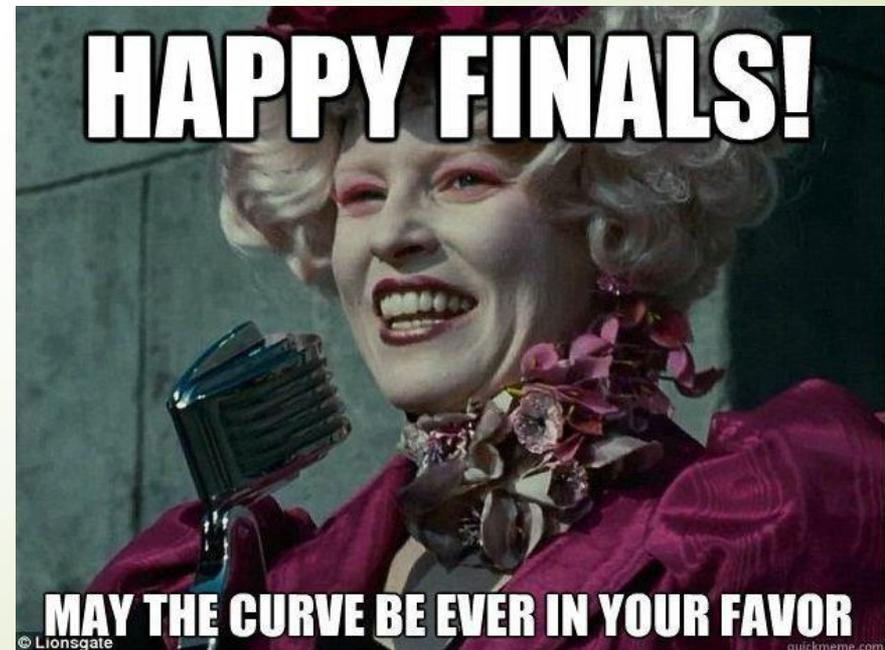
#3: Take breaks: A 12-hour marathon study session won't do anything but make you crazy. Instead, take short breaks every hour or so, even if only for 10 minutes.



#2: Study with a group (only if it makes sense!) Study groups can be a great way to discuss and clarify the concepts that might be on your final.

#1: Let this be a learning experience! For many of you, this might be your first semester of college. Learn from this finals week so you can repeat/replace some of your study tactics in upcoming semesters.

HAPPY FINALS!



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