

Tips and Tricks to Study for Finals

1. **Study in the way you test.** If it's a math test, solve math problems to prepare. If it's multiple choice, consider making a review sheet that encourages process of elimination. If it's matching, create your own lists of definitions and terms to practice matching. If it's an essay test, identify the larger themes of the material and write out responses.
2. **Take good notes or create good notes.** Cornell notes continue to be the most proven note-taking system for learning. [See HERE](#).
3. **Instead of cramming, break your studying down to daily allotments of time.** Studying for 20-30 minutes every day vs. two hours the night before will allow you to retain the information much more readily.
4. **Try to identify what you will be tested on.** If there's a review guide, use it. Understand if you will be practicing a skill or sharing knowledge on the test. Do you need to know facts? Do you need to show your ability to demonstrate a skill? Learn the facts or practice the skill with new examples.
5. **Learn how to read to study vs. read for fun.** Use all parts of the textbook. Look at the end questions, the bolded words, the graphs or charts, the main topic sentences. Flipping through notes or skimming the text is different than wrestling through the material.
6. **Practice self-care.** Proper sleep cannot be stressed enough. Put your phone away when studying or sleeping. Do not multi-task—it doesn't work. Create an environment that is conducive to how you study (alone? collaboratively? quietly?). Eat well and healthily.
7. **Use the Pomodoro method.** Set timers for 25 minutes a stretch and plan what you will cover in that time and move on. Give yourself a five-minute break in between each session.
8. **Know where you stand.** Use Educate to know where you are at in the class. Turn in missing work. If time and an option, do extra credit. Walking into the final will feel better if you know your exact situation in the class.
9. **Identify stress triggers.** We are not all natural test takers. Use methods to help alleviate anxiety on the tests. Practice a "brain dump" right away—write down any formulas or acronyms the minute you get the test. Cover up the questions you aren't looking at and focus on the one. Practice strategies that help you be in the moment: identify five things you see, four things you hear, three things you smell, two things you can touch. This can ground you in the moment. Go over your work when you finish to make sure you did not miss any questions.