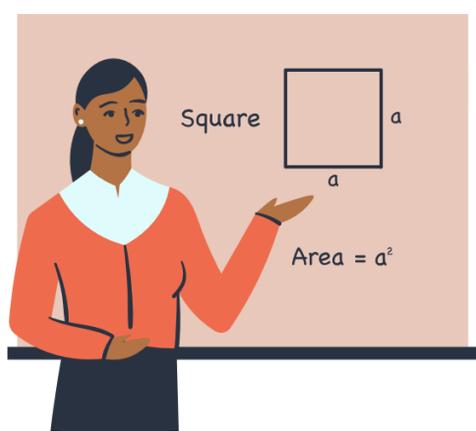


your study guide for finals & midterms



REVIEW YOUR COURSE MATERIAL

HOW will I study?.

Using your syllabus as a guide, assess what you have covered this term. What concepts have been emphasized in your lecture notes? Will your lab reports be helpful? What books did you read? Questions from problem sets are often repeated on exams. Finally, previewing past quizzes and tests will help you prepare for your professor's testing style as well as favorite topics.



REVIEW SESSIONS & STUDY GROUPS

WHO can help me study?

Professors and TA's already know what will be on the exam, and they tailor their review sessions to help you, often dropping hints!

Similarly, study groups are a great way to assess the material through a different lens.

If you feel especially confident in the material, teaching your classmates is an excellent way to absorb the material more!

Make sure you review your study notes before you attend these sessions so you come prepared with questions and make the best use of your time with others.



REST & GET YOUR FUEL

I want to be ENERGIZED for this test!

Make sure you get at least 8 hours of sleep before the day of your exam. No matter what time of day it's scheduled for, remember to start your day with a healthy breakfast and snacks throughout the day! Trust us, it matters! Make sure you arrive at least 10 minutes before the exam so you don't rush into the room. You want your body to be calm and ready to ace this test!

UNDERSTAND THE EXAM

WHAT do I need to know?

First thing's first: how you will be tested will determine what you need to know. If it's not on the syllabus, ask your professor ahead of time what the final will look like. Will it be cumulative? Open note? MCQ, free response, essay questions, or a combination?



CREATE A STUDY GUIDE

How do I ENGAGE with the material?

You can't expect to really absorb the material if you just read or highlight your notes. Reworking your notes into something new is the best way to study before a test. The more creative, the better! Just be sure you don't leave this for the last-minute, you will want some time to review your study guide. Here are some examples: rewriting your notes, creating flashcards or quizlets, writing mini-book reports, creating sample essay outlines, etc.



RECREATE THE EXAM DAY

How will it FEEL to take the test?

Test anxiety is normal and very common. Getting used to the pressure of a real exam is a great way to help relieve some of this stress. Give yourself enough time to take a mock test at least a full day before the exam. Mimic all the elements of exam day: sitting at your desk, closed notes, no music, and setting a timer. The more times you try this, the better prepared you will be! If your professor doesn't upload sample exams, look for some online or create your own!

