

- ◆ **Avoid large amount of caffeine** and other types of stimulants including alcoholic beverages.
- ◆ **Be sure to eat something healthy** so you have energy to get through the exam.

## HOW TO DEAL WITH THE STRESS

Dealing with the stress of taking an exam is difficult, but your stress level goes up with final exams. Many factors cause stress including poor study habits, previous poor test grades, personal difficulties, and being afraid of failing.

## TIPS TO DEAL WITH THE STRESS

- ◆ Be prepared.
- ◆ Get plenty of sleep.
- ◆ Avoid massive amounts of caffeine.
- ◆ Avoid alcoholic beverages.
- ◆ Avoid negative thoughts; negative thoughts will only bring more stress.
- ◆ Think positively to help you make it through the exam and allow you to recall the information you have learned.
- ◆ Avoid discussing the exam before taking it, other students' anxiety may rub off on you.
- ◆ Take your time taking the exam.

- ◆ Breathe and relax (talk with a counselor about a breathing exercise that will help).
- ◆ Listen to soothing music while studying to help your mind stay focused on your studies and not on your stress.
- ◆ Study with a study group. This will give you support during this stressful time.
- ◆ Do the best you can.
- ◆ Counselors are available to help you in managing the stress of taking exams.

## GOOD LUCK WITH YOUR FINAL EXAMS.



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## REFERENCES

[unc.edu/deQts/unc\\_caps/examprep.htm](http://unc.edu/deQts/unc_caps/examprep.htm) [eiu.edu/~lrnasst/finals.htm](http://eiu.edu/~lrnasst/finals.htm)  
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# Pathways to College Success



# SURVIVING FINAL EXAMS





## PREPARING FOR FINAL EXAMS

### ◆ KNOW DATES, TIMES, AND PLACES FOR EXAMS

The schedule for final exams is posted on the GCSC website each semester and should be listed on your course syllabus. Check with your instructor in advance if you're unsure.

### ◆ START REVIEWING FOR EXAMS AT LEAST THREE WEEKS PRIOR TO THE EXAM

Create a study plan and use a calendar to help budget your time.

### ◆ SET PRIORITIES OF WHAT YOU NEED TO STUDY

Determine what is the most important content and what will likely be covered on the test. If you have a review, follow it.

### ◆ MAKE SURE YOU KNOW EXAM FORMAT

Essay, multiple choice, or combination.

### ◆ KNOW HOW TO STUDY

For example, create flashcards, study guides, practice test questions (based on how your instructor asks their questions), and charts. Follow basic study habits.

For objective exams, study as if it was an essay exam. Focus on specifics such as a list of items or definitions. For essay exams, focus on concepts. Prepare an outline and practice writing from it. For problem exams, memorize formulas and rules and then practice different problems. Practice taking an exam by using old test and/or making up your own test.

### ◆ MAINTAIN A POSITIVE ATTITUDE

## TIPS FOR REMEMBERING INFORMATION

- ◆ Mnemonics, memory devices, are useful for instant recall, but should be used with caution. You want to remember the acronym and what it stands for.
- ◆ Use the senses you learn best with (visual, auditory, kinesthetic). Being able to see something from a chart, or to hear something you have said out loud many times, can help when recalling information.
- ◆ Practice the information in the way it is being tested. Knowing the information orally does not mean you can write an essay.

## CRAMMING FOR TESTS

Although cramming is not the best method for studying for an exam, it may be necessary if proper study habits have not been used. Listed below are the pros and cons of cramming for a test.

### PROS OF CRAMMING FOR A TEST:

- ◆ Cramming can be used as a last resort to make the most out of a bad situation.

### CONS OF CRAMMING FOR A TEST:

- ◆ Cramming will not work if you are cramming for more than one subject.
- ◆ Cramming is used only for short-term recall.
- ◆ Cramming requires much more work than preparing in advance. Trying to learn a lot of information in a short time causes much more stress.

## LAST MINUTE STUDYING TIPS

### ◆ MAINTAIN A POSITIVE ATTITUDE

Do not dwell on not studying earlier. Keep a positive attitude and keep focused on your studies.

### ◆ MAKE CHOICES

Pick out the most important information and study it well (there is no way you can learn it all.) If the instructor provides a review, follow this information.

### ◆ MAKE FLASH CARDS/CHARTS

- Flash cards can help you recite the material over and over again.
- Saying the information out loud helps to recall the information.
- Use charts to visualize the information.
- If it is a math related exam, then work many different problems over and over.

### ◆ TAKE FREQUENT, SHORT BREAKS WHILE STUDYING

The mind can only handle so much information at once. Study for 20 to 40 minutes and then take a five minute break.

### ◆ RELAX AND GET SOME SLEEP

Staying up all night will not help you to recall information. Make sure you are fully alert when taking the exam in order to recall as much information as possible. Being tired will just add to the anxiety level. **Do the best you can!**

