

Prepare for Finals

What are Finals?

While there are many different types of final assessments (tests, essays, projects, etc.), exams are typically most common. We'll offer a system for preparing for essays later, which you can apply to other types of assessments as well, but for now we'll focus on final exams.

Final exams usually have special characteristics to consider as you develop a plan for the last weeks of the semester:

- Finals are often CUMULATIVE, covering the entire semester, so you must recall a great deal of information, some of it from three months ago; you must keep the big picture in mind without neglecting early notes and readings.
- Finals that are THREE HOURS LONG give you an opportunity to demonstrate all that you have learned, but demand both depth and breadth of knowledge.
- Finals are SCHEDULED CLOSE TOGETHER, so you cannot study as you may during the rest of the semester, preparing for and taking one exam before starting work on the next one. Effective study scheduling thus becomes critical to assure that you spend your limited time in ways that produce the best possible grade in each course.
- Finals come at the END of a long term, when you are both physically and mentally fatigued. You must guard against burnout and pace yourself through a week of exams. If you try to re-learn every fact in every course, you may have little energy left for your last exams.
- Finals have a LARGE IMPACT on grades and may bring extra anxiety. One three-hour exam may well determine whether you earn an A or a C.

Developing a Plan for Success

A realistic study plan can help you to divide your time and energy among several courses that helps build confidence and reduce anxiety.

Because finals play a critical part in determining your final grades, careful planning -- on paper -- is needed. Students often become so concerned about the amount of work involved in preparing for finals that they spend more time on worrying than studying. Planning can prevent anxiety, wasted time, and wasted energy. How you spend the last few weeks of the semester can make a significant difference in your GPA; the results are well worth an hour or two of advance planning. Before you start your plan make sure you have gathered these materials:

- Your course syllabi
- Access to Canvas
- Finals Schedule from the Registrar

All the materials in this packet provide their own specific benefits to effectively prepare for finals--be sure to use them all for maximum benefit. Refer to page 2 and follow each step:

1. Analyze & evaluate previous work (so you can better prepare for next time)
2. Learn new things (so you have knowledge of many different study tips & techniques)
3. Plan the "what" (so you know what you need to do)
4. Plan the "when" (so you know when to do it)

PLANNING

1. Complete your Finals Plan, showing all upcoming assignments and tests in each course.
2. Evaluate your probable and possible grades. Which courses have solid grades? Which are borderline? You have limited time, so decide where to invest it to get the best results.
3. If necessary, go to each professor to determine your status in the course. Take your text and notes and ask for specific suggestions on study and review techniques.
4. For each task on your Finals Plan, generously estimate the amount of time you'll need. On your calendar, indicate the days and the number of hours each day that you will work on each task (ex. Monday: 2 hrs. - read Psyc.; 1 hr. - type English paper).
5. On a weekly schedule sheet for this week, plan specific times to complete 1/3 to 1/2 of the tasks on your Finals Plan.

CLASSES

1. Go to every class! More material may be covered now than earlier in the semester. Be alert for information about final assignments and exams.
2. Try for complete, accurate notes. Record as many main ideas as possible. Listen for summaries at the beginning and end.
3. After each class, compare your notes with classmates' notes. Add to yours to improve clarity and completeness. Within 24 hours, review your notes with a pen or highlighter, marking ideas that were stressed -- these may be test questions!

STUDY

1. Study some every day, including weekends. If you go away for the weekend, leave campus late or return early; don't lose "prime time."
2. Provide yourself with a good study environment. Ideally, use the library. If you study in your room, clean up both room and desk. Unplug the TV. Don't answer the door or phone when you're studying. Turn off your phone, then return calls/texts later when you take a break.
3. Study during the day or early evening, then reward yourself with time off. Choose carefully. A movie leaves you fit for classes and study the next day; late night partying does not.
4. If you have many textbook chapters to read, divide the task into five or six parts, using your calendar or weekly schedule form. Then do one part per day, crossing off completed tasks on your Finals Plan.
5. For each hour of reading you plan, schedule a 10-15 minute break. Get up, stretch, move around. Read aloud or switch from one course to another if concentration lags.
6. To reduce stress, try to finish projects or papers before their due dates.

YOU

1. Celebrate in moderation! Treat yourself to dinner and a watch a show rather than going out.
2. Laundry and cleaning are good, active breaks from studying.
3. Daily, try for a half hour of exercise, two balanced meals, and eight hours of sleep.

PLANNING

1. List times of all finals on your calendar or weekly schedule form. If you have three on one day, check to see if one professor has two sections of the course. Ask to take the test earlier, with the other section.
2. Buy all necessary study supplies: paper, index cards, pens, pencils, highlighters, etc. Stock up on healthy, energy-producing snacks.
3. For unfinished assignments, follow these steps:
 - a. Ask: What needs to be done? How much time will it take? When will I do it? Answer on your Finals Plan.
 - b. If you have more work than time, set priorities. Start with the most important task or the one that's due first. Number each task 1, 2, 3...
 - c. Record each task on your calendar or weekly schedule, on the day you will do it, showing time needed (ex. 2 hrs - read History).

CLASSES

1. Read ahead so you go to each class PREPARED. You'll know what concepts the lecture will cover, what's hard, what questions to ask, and what's covered thoroughly in the text. You'll comprehend more and take better, more useful notes.
2. Listen carefully for summaries and overall reviews at the beginning and end. Expect more information than earlier in the semester. Record as many main ideas and supporting details as possible.
3. After class, compare notes with others' to be sure yours are complete. Within 24 hours, review and rework notes with a pen or highlighter. Fill in blanks, mark ideas stressed by the professor -- they're possible test questions!

STUDY

1. Begin to study EARLY in the day; temptations to avoid studying are strong now. Talk yourself into studying before you do other tasks.
2. Read text assignments quickly, underlining or highlighting after each paragraph or page. Sleepy? Divide reading into 15 to 30 minute chunks; exercise or shower to wake up.
3. For each course, list what you expect to see on the exam. What has the professor emphasized? Will it be like earlier tests? Will it be a full three hours long?
4. WHERE you study is as important as how much! To do your best, use the library. In the daytime, it's quiet and you're not tired. Evenings are better used as break time. Try earplugs if noise distracts you; if they help, you can even use them during an exam.

YOU

1. You are the star performer during finals, so pace yourself. Keep to a routine, including exercise, rest, food, and sleep. Don't experiment with new forms of caffeine or "foolproof" stay-awake schemes. They could spell academic disaster.
2. Finals are an emotional period; roommate arguments and broken romances are common. Try to keep relationships on an even keel, delaying any confrontations until after finals.

PLANNING

1. Double check the date, time, and place of each final; record on your calendar.
2. Before you leave your room/home to take a final, be sure you have: a watch to pace yourself during the test; notes to review briefly on the way; paper, pencils, and pens; a calculator if needed. To boost energy and concentration, take a snack to eat halfway through a long exam.
3. Plan to arrive 10 minutes early for a last review. Avoid talking to panicky classmates; sit up front to block your view of others, and they won't distract you.

CLASS- THE FINAL EXAM

1. Don't panic when the test is handed out. Read directions carefully. Breathe deeply and pretend you are alone in the room. Do a "memory dump," writing names, dates, formulas, etc. on the test.
2. Preview the test for organization and point distribution. Plan your time: a part worth 50% gets 50% of the time. Jot down start and stop times for each section. Use a watch to stick to your schedule.
3. Answer EASIER questions FIRST, then return to harder ones. Read each question carefully; accept it at face value. Don't read things into the question that aren't there. Focus on one question at a time. Underline or circle key words in the question and in answer choices to help concentrate.
4. Lapses of memory are normal & temporary. Don't let yourself panic. Relax, move on, then return.
5. For essays, print or write on every other line to improve legibility and to leave space for corrections and additions. To clarify organization, state your thesis in the first sentence, and write a separate paragraph for each key point. Underline key points to ease grading. Remember to save a few minutes to proofread and make any final corrections before turning in.
6. Change answers ONLY if you misread a question or just remembered a forgotten fact.
7. CHEATING IS FAR MORE HAZARDOUS TO YOUR ACADEMIC RECORD THAN FAILING. You can retake a course, but expulsion or an honor violation on your transcript can't be erased.

STUDY

1. Review notes, textbook underlining, and returned tests. To remember, do MORE than read: recite aloud; write summaries; make lists, charts, maps, or flash cards; tape notes and listen; discuss ideas with a study group or tutor. Create test questions or problems and practice answering them.
2. More than one final on the same day? Allocate time carefully so you can study for one without worrying about the other. Decide if they deserve equal time or if one needs more; set up a schedule. You may study last for the first final, so it is fresh in your mind. Then, after the first, review for the second.
3. Don't overdo caffeine to stay awake, or you won't be able to sleep when you need to. Exercise is preferable. Need a break from thinking? To use up nervous energy, start packing to go home.
4. Resist the urge to blow off your last final, especially if it's on Saturday. Remind yourself of all the work you've already invested in that course. You want your final grade to reflect that investment.
5. Respect 24-hour quiet policies. Celebrate the end of your finals away from others studying.

YOU

1. After finishing a final, give yourself at least an hour off to unwind before starting to study again.
2. Dress for comfort, but also confidence.
3. For energy and concentration, at least eat 2 well-balanced meals a day. Limit caffeine, sugar, and alcohol.
4. Get adequate sleep. For best recall, wake up 1 to 2 hours before a test and eat a combination of protein and carbohydrates.

Make Your Plan - Finals Planning Sheet

Step 1: Take an honest look at your courses, your grades going into finals, and their relative importance to you. On the Finals Plan form, RANK YOUR COURSES in order of priority or difficulty, decide on the GRADE you can aim to achieve in each, determine the TYPE OF TEST in each course, and plan STUDY METHODS for each.

Step 2: Next, use the Finals Plan form to LIST THE WORK remaining in each course and to ESTIMATE THE TIME NEEDED for each task. You may feel that you could spend months on each course, but time is limited and YOU MUST MAKE CHOICES to spend your time effectively. If one grade will stay a C no matter what you score on the final, but another grade could go from B to A, put more time into the course you can influence. Any course which you are in danger of failing should go at the top.

Step 3: Now translate your WORK LIST and TIME ESTIMATES into a CALENDAR for the time remaining. Enter all tests and paper due dates, then plan to begin review for each exam well in advance. Brief review periods each day for several days produce better memory and less stress. You have more time left than you realize: a week contains 168 hours. From that, subtract 56 hours for 8 hours of sleep daily, 15 hours for classes, 11 hours for 3 half-hour meals daily, 3 hours for exercise, and you still have 83 HOURS OF POSSIBLE STUDY TIME EACH WEEK! With planning & discipline, you can accomplish a great deal.

Step 4: Then use the attached weekly schedule to plan a FINALS WEEK SCHEDULE. Enter the times of your finals, then fit in the tasks on your Finals Plan. To be at your best during exams, plan time for adequate SLEEP, FOOD, and EXERCISE during this critical period. You'll do better on an exam after a good night's sleep (at least 4 hours but preferably 8), and a protein meal to fuel both brain and body. 20-30 minutes of any aerobic exercise daily can help to reduce stress and improve concentration.

FINALS PLANNING

Course	Goal	Expected Test	Study Strategies	Work to be Done	Time
PSYC	A or B+	Multiple choice Very detailed Literal and Applied Questions Cumulative Worth 15%	Make summary sheets for text and lecture notes Make flash cards for important terms and facts Recite out loud to memorize	Read chap. 14 (22 pp.) & make summary sheets Read chap. 15 (18 pp.) and make summary sheets Make flash cards for chaps. 14 & 15 Review chaps. 1,2,5,7,8,10,12 with recitation Review lecture notes with recitation Review all flash cards	2 hrs. 2 hrs. 2 hrs. 7 hrs. 6 hrs. 4 hrs. 23 hrs.
ACCT	B	Problem solving Cumulative Worth 25%	Work all problems missed on tests, quizzes, homework Work hard problems in text that were not assigned	Do last homework assignments (problem set 8) Rework key problems (especially hard ones from tests and textbook) Work with Acct. tutors to clarify anything confusing	3 hrs. 6 hrs. 4 hrs. 13 hrs.
BIOL	B or B-	Multiple Choice General concepts & terms Cumulative Worth 20%	Highlight rest of book, mak- ing marginal notes Review with some recitation (not as much as for Psyc)	Read and highlight Chapter 6 Review highlighted parts of previous chapters, with some recitation Review lecture notes with recitation Attend A-LEC review session	1 1/2 hrs. 4 hrs. 4 hrs. 2 hrs. 11 1/2 hrs.
ENGL	B+	Essays Memory of plots, characters Critical Evaluations Cumulative Worth 40%	Make charts to condense char, settings, plot or each novel, story, etc. Try to predict likely essay questions Outline key points Review charts and out- lines	Read last 3 short stories 5 page paper: research and take notes outline & draft revise Writing Center Make charts, predict ?s, and outline answers Review charts and outlines to memorize	3 hrs. 1 hr. 2 hrs. 4 hrs. 1/2 hr. 3 hrs. 4 hrs. 17 1/2 hrs.

FINALS PLANNING

*front &
back!*

Semester _____
Year _____

**Course &
Goal Grade**

**Details About
Expected
Assessment**

Study Strategies

Work to be Done

Goal GPA:
**Time
Needed**

Course & Goal Grade	Details About Expected Assessment	Study Strategies	Work to be Done	Goal GPA: Time Needed

FINALS PLANNING

*front &
back!*

Semester _____
Year _____

**Course &
Goal Grade**

**Details About
Expected
Assessment**

Study Strategies

Work to be Done

Goal GPA:
**Time
Needed**

Course & Goal Grade	Details About Expected Assessment	Study Strategies	Work to be Done	Goal GPA: Time Needed

FOUR WEEKS TO FINALS

Once you've completed all the detailed planning of what you need to do, it's time to plan the "when." Translate your work list and time estimates into a calendar for the time remaining in the semester. Use the "Four Weeks to Finals" sheet on the next page, an example is provided below. Enter all tests & paper due dates, then plan to begin reviewing for each exam in advance. Short review periods each day for many days produce better memory and less stress.

You have more time left than you realize: a week contains 168 hours. From that subtract 56 hours for 8 hours of sleep daily, 15 hours for classes, 11 hours for 3 half-hour meals daily, 3 hours of exercise, and you still have 83 hours of possible study time each week. With planning and discipline, you can accomplish a great deal.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	13	14	15	16	17	18	19
NOV		Schedule Writing Center appt.	1 hr - Read ch.14 PSYC & summarize 1 hr - research, take notes for ENGL paper	1 hr - outline ENGL paper 1 hr - finish PSYC ch.14 & summarize	1/2 hr. WritingCenter appt. 2 hrs- BIOL	3 hrs - start draft of ENGL paper	3 hrs - ACCT problems Set 8
	20	21	22	23	24 - Thanksgiving	25	26
	1 hr - Make flash cards for PSYCH ch.14	1 hr - Read PSYC ch.15 & summarize 1 hr. ACCT. tutor	1 hr -finish PSYC ch.15 & summarize 2 hrs ACCT tutor	2 hrs - finish draft of ENGL paper 1 hr - make flash cards - PSYC ch.15		1 hr - Rvw PSYC ch.1	2 hr - revise & edit ENGL paper 1 hr - hard ACCT problems
	27	28	29	30	1	2	3
NOV & DEC	1 hr - Rvw PSYC ch.2 1 hr - Rvw PSYC ch.5 1 hr - revise & print ENGL paper	ENGL paper due 1 hr - Read BIOL ch.6 1 hr - Review PSYC ch.7	1 hr - Review PSYC ch.8 1 hr - Read ENGL	1 hr - Read ENGL 1 hr - ACCT tutor 1 hr - Review hard ACCT problems	ACCT project due 1hr - Review PSYC ch.10 2 hrs - Review PSYC ch.12	2 hrs - Review PSYC notes 2 hrs - ACCT problems	1hr - Read ENGL 2hrs - Review PSYC lecture notes
	4	5 - Last Class Day	6 - Reading Day	7 - Reading Day	8 - FINALS	9 - FINALS	10- FINALS
FINALS	1hr - Make ENGL outlines & charts 1hrs - LEC BIOL rw session	3 hrs - Review PSYC flash cards 2 hrs - Make ENGL outlines & charts	2 hrs - Review ENGL charts & outlines 2 hr - Review BIOL text	2 hrs - Review ENGL charts & outlines 1 hr - ACCT probs	2 hrs - Review BIOL lecture notes 2 hr - Review PSYC Notes	2 hrs - rw ACCT notes 2 hrs - ACCT probs	11:30-2:30 ACCT FNL 1 hr - ACCT problems 2 hrs - review BIOL notes
	11 - FINALS	12 - FINALS	13 - FINALS	14 - FINALS	15	16	17
	2 hrs - Review BIOL text	8-11 BIO FNL 2 hrs - Review PSYC lecture notes 2 hr - Review PSYC flash cards	11:30-2:30 PSYC FNL 2 hrs - Review PSYC flash cards 2 hrs- ENGL study	3-6 ENGL FNL 4 hrs- ENGL study	FOUR WEEKS TO FINALS EXAMPLE		

***Note- this example is from a previous semester!**

Goal GPA:

FOUR WEEKS TO FINALS

Semester Fall
Year 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Nov 12

Nov 13

Nov 14

Nov 15

Nov 16

Nov 17

Nov 18

Nov 19

Nov 20

Nov 21

Nov 22

Nov 23-Thanksgiving

Nov 24

Nov 25

Nov 26

Nov 27

Nov 28

Nov 29

Nov 30

Dec 1

Dec 2

Dec 3

Dec 4- Last Class Day

Dec 5- Reading Day

Dec 6- Reading Day

Dec 7- Finals

Dec 8- Finals

Dec 9- Finals

Dec 10

Dec 11- Finals

Dec 12- Finals

Dec 13- Finals

Dec 14

Dec 15

Dec 16

Celebrate & Relax!

The Final Week

Once you've completed the Finals Planning sheet and the Four Weeks to Finals calendar use the 24/7 planner below to organize your Final Week.

First, enter the times of your finals, then fill in the remaining tasks during specific time periods on the days assigned in the Four Weeks to Finals calendar.

To be at your best during exams, plan time for adequate sleep, food and exercise during this critical period. You'll do better on an exam after a good night's sleep, and a protein meal to fuel both your brain and body is helpful.

Remember, 20-30 minutes of any aerobic exercise daily can help reduce stress and improve concentration.

***Note- this example is from a previous semester!**

The Final Week - EXAMPLE

	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed
	5-May	6-May	7-May	8-May	9-May	10-May	11-May	12-May
7am	Wake	Wake	Wake	Wake	Wake	Eat	Wake	Wake
8am	Eat	Eat	Eat	Eat	Eat	BIOL FINAL 8-11	Eat	Eat
9am	Study ACCT	Study BIOL	Study ACCT	Study ACCT	Study BIOL		Study PSYC	Study ENGL
10am								
11am	Exercise	Exercise	Exercise	ACCT FINAL 11:30-2:30	Exercise	Exercise	PSYC Final 11:30-2:30	Exercise
12pm	Eat	Eat	Eat		Eat	Eat		Eat
1pm	Study BIOL	Study PSYC	Study BIOL		Study BIOL	Study PSYC		Study PSYC
2pm			Study PSYC					
3pm	Break	Break	Break	Break	Break	Break	Break	ENGL FINAL 3-6
4pm	Study PSYC	Study ACCT	Study ACCT	Study BIOL	Study PSYC	Study PSYC	Study ENGL	
5pm					Study ENGL	Study ENGL		
6pm	Eat	Eat	Eat	Eat	Eat	Eat	Eat	Eat
7pm	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time	Free Time
8pm								
9pm								
10pm								
11p – 6a	SLEEP							

Goal GPA:

The Final Week

Semester:

Fall 2023

	7-Dec THURSDAY	8-Dec FRIDAY	9-Dec SATURDAY	10-Dec SUNDAY	11-Dec MONDAY	12-Dec TUESDAY	13-Dec WEDNESDAY
6 am							
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Finals Preparation Checklist

Find additional resources at smu.edu/SASP

- Schedule a time to meet with your professors regarding any questions or concerns:
 - Current course materials- understanding/clarification
 - Questions regarding the final assessment
- Review all of your syllabi:
 - Check the attendance policy
 - Confirm the final exam schedule/information (double check on Registrar's website AND with your professor)
- Review all your scores on Canvas:
 - Tally all of your scores to gain a clear understanding of what grades to aim for to achieve your goal
 - Check for discrepancies and follow up immediately with professors on any questions
- Schedule an appointment with the Writing Center for any final papers
- Add the tutor schedule into your planner for the dates/times you need to work with a tutor
- Schedule any study rooms/spaces that will be needed
- If you need to use a printer, make sure you have ink and paper/money for PaperCut
- Prepare 1st, 2nd, and 3rd backup study locations
- Revisit the calendar over the entire semester:
 - Make sure you have all content and notes for any missed class