

Tips for Final Exam Success in a STEM course

INSTRUCTIONS: Take everything in RED and add directly to the schedule included in this packet!

For each class...

1. Identify time and place of final exam.
2. Determine whether or not the exam is **cumulative** (meaning: it covers **all** material from the semester).
3. Decide whether to work **systematically** (unit-by-unit from the beginning) or **based on priority** (starting with your weakest points).
4. Take a **practice test** and/or evaluate your understanding of each topic's learning objectives.
5. **Review old exams** and re-tackle questions you either got wrong or had difficulty with.
6. Create a task list of topics to review in order of priority.
7. **Divide up tasks among the days left before the exam and put them in the included schedule based on your priorities.**
8. Check your course Blackboard pages for any formal **review sessions** periodically and frequently throughout finals week for other important announcements.
9. **Add your professors scheduled office hours to this schedule and plan to attend.** **Many professors may end or alter their office hours after the last day of classes, or have specific office hours for final exam review. Be sure to verify their availability and plan ahead.
10. **IMPORTANT NOTE:** Many student support services such as the [Academic Success Center's](#) Drop-In Tutoring, SI PASS, etc. will end after study day. Plan accordingly and be sure to use these resources while they are still available! Afterwards, you will want to create your own support groups via peer study groups, etc.
11. **Halfway-point knowledge check:** Halfway between now and your exam, take another practice test and see how much you've learned.

Consider Adding in Some of the Following Activities:

- Form a Study Group
- Utilize Professor Office Hours (If Available)
- Attend a Formal Review Session (If Available)
- Practice with Textbook Problems
- Create [Flashcards \(Anki App\)](#)
- Review Notes & Highlight Significant Topics
- Redraw Diagrams or Charts from Memory
- Consider Creating a One-Page Reference Sheet (this may even be allowed in the exam - check your syllabus!)

Suggested Apps for Finals Week:

- [TickTick](#)
- [Pomodoro Timer](#)
- [Flora](#)

Copy and distribute the topics into the following table based on your rankings:

1.) Needs a lot of review (1-2)	2.) Needs some review (3-4)	3.) Needs little review (5)

In the schedule below, write down the day you plan to review each topic in Column 1. Follow this with Column 2. If you have time, you can move on to Column 3.

Remember:

- Study often, take breaks.
- Set an alarm for your exam AND your study sessions.
- Protect your sleep - this correlates DIRECTLY to GPA, according to a recent [Washington Post](#) study. “**Every hour of lost total average nightly sleep** was associated with a **0.07 reduction in end-of-term GPA.**”
- Hydrate and eat a balanced diet with carbs, protein, and fruits/veggies at every meal - and ***don't skip breakfast!***
- Check your progress with practice tests or quizzes at regular intervals and edit your study plan accordingly.
- Arrive early to your exam and take time to settle in. You've prepared for this!

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