

SURVIVING FINALS WEEK

A GUIDE TO SUCCESS

Purdue University Academic Success Center

DEALING WITH STRESS

EXAMS DON'T HAVE TO BE STRESSFUL.

- Organize yourself!
- Take time to relax.
- Adopt a positive approach.
- Anxiety is contagious.
- Plan rewards for yourself.

MAKE A GAME PLAN

ANSWER THESE QUESTIONS AHEAD OF TIME:

- When is the exam?
- How much material does the exam cover?
- What is my grade right now?
- What is my goal grade?
- What types of errors did I make on past exams?
- What strategies did I use that proved successful?
- What new strategies will I need to overcome past difficulties?

SCHEDULE YOUR STUDY PERIODS

DILIGENCE AND DETERMINATION ARE KEYS FOR SUCCESS.

- Begin studying at least a week before finals week.
- Allow large blocks of time for studying.
- Allow short periods for review.
- Vary what you study and how you study.
- Schedule breaks and exercise.
- Stick to your routine.

CRAM SELECTIVELY

IT'S BEST TO AVOID IT, BUT WHEN NECESSARY, CRAM THE RIGHT WAY.

- Gather all the materials – divide to conquer.
- Choose the most important elements.
 - Themes that apply throughout all materials
 - Areas where you're weakest
 - Most recent material
 - Lecture notes, textbook
- Realize what you don't know. Spend most of your time changing that.
- Make courageous choices.

USE STUDY AIDS

YOU'LL TAKE ANY HELP YOU CAN GET, RIGHT?

- **Flash cards**
 - They're portable, they make it easy to test yourself, and you can mix ideas.
- **Mind maps**
 - They help you see relationships.
- **Summary sheets**
 - They will include the main ideas and the most difficult concepts.
- **Essay questions**
- **Old exams**
 - They provide a greater challenge and give you insight as to the format of the exam and what questions might appear.
- **Commercial study guides**
 - Not the most cost-effective, but they save you valuable time.

USE THE 27/75 RULE

STUDYING IS IMPORTANT, BUT ORGANIZATION SAVES TIME.

- Spend 25% of your time organizing information.
- Spend 75% of your time testing, recalling, reciting, writing, etc.

Remember, it's better to find out what you don't know now than in the exam room!

THE NIGHT BEFORE

YOU'VE PREPARED YOURSELF. NOW FINISH STRONG!

- Calmly review what you've learned.
- Focus on integrating the material into your memory.
- Continue self-testing in short-periods of time.
- Avoid cramming new material.
- Stay focused and don't distract yourself.
- **Avoid all-nighters!**

TAKE CARE OF YOURSELF

YOU ARE YOUR MOST IMPORTANT ASSET.

- Moderate caffeine intake.
- Use campus resources as needed.
- Maintain regular eating and sleeping patterns.

USE YOUR RESOURCES

THAT'S WHY THEY'RE THERE.

- **Academic Success Center**

Krach Learning Center, 4th floor

765-494-9328

purdue.edu/asc

- **CAPS (Counseling and Psychological Services)**

Student Health Center (PUSH), room 246

765-494-6995

purdue.edu/caps

- **Purdue Libraries**

Be sure to check out finals week hours:

www.lib.purdue.edu/hoursList