# How to Study for Finals: Checklist

## Before the Exam
- Take a final look at your syllabus to weigh the final Exam grade
- Compile all your old tests quizzes and take home assignments
- Take a look at the calendar to assess how much time you have left
- Plan how you will study for the final based on time left
- Visit the professor/and or tutoring to discuss problem areas based on returned tests
- If you have less time to prepare the final focus on polishing up what you do know
- Strategically plan how to review what you need to polish up but do not inundate yourself
- Remember it’s the end of the semester and that you do know material from the course
- Take care of yourself, eat right and sleep right

## During the Exam
- When you get the exam first, go through it and highlight what you can answer
- Begin to answer what you do know FIRST
- If you know the first part of a question go ahead and answer what you know and move on
- If you have time left begin to try to tackle what you do not know
- Relax and take your time, this is a test of what you have learned the past semester
- Remember to arrive at your Exam location 15 mins prior to the Exam
- Do not panic it is usual to have some anxiety during the final exam

## After the Exam
- Process and write down problem areas
- Review these with your tutor or professor in order to improve
- Remember the Exam is intended to test what you have learned so be positive
- Sign up for an Academic Coaching Session to improve your study Strategies