10 Tips on How to Survive Finals

1. **Know WHEN and WHERE your finals will be**
   - You would be surprised how many students miss their exams because they mix up their finals schedule.

2. **PLAN your study time**
   - Use your time to your best advantage. Make a study chart. Designate specified amounts of time to each subject.

3. **Break up study time according to subjects**
   - You can’t concentrate on one subject for hours on end, so drop it and spend time on another subject. Return to the original subject with a fresh mind.

4. **REWARD yourself**
   - For every hour of studying, give yourself a 10 minute break. It may help to set a reminder on your phone or use a timer.

5. **Be good to YOURSELF**
   - Eat well, dress well, and sleep well. On study breaks, do whatever it is that you enjoy doing: read, work out, listen to music, meet friends for lunch, or walk your dog.

6. **DON’T depend on study groups**
   - Designate plenty of independent study time.

7. **Study what is IMPORTANT**
   - Use your syllabus, prior tests and your impressions of the professor/instructor to help you decide what will most likely be on the final.

8. **ASK yourself questions**
   - Make up questions as you go. This will help you retain the information.

9. **Study BACKWARDS**
   - You are most liable to forget what was taught at the beginning of the semester, so start with the most recent material and move backwards. This will give you a chance to study the earlier material just before the test.

10. **RELAX for the half-hour or hour before the test**
    - Do ANYTHING to help you relax and take your mind off the test for a half-hour or so.