



TEXAS TECH UNIVERSITY

Support Operations *for* Academic Retention™

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.