

# STUDY SMART TIPS FOR FINAL EXAMS

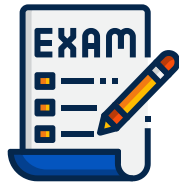


*Nervous about writing exams?  
Here are six tips to help you get ready!*

**1**

## UNDERSTAND WHAT EXAMS ARE

- Exams are tests based on big ideas and essential skills in a course
- Exams are like unit tests; except they consolidate content and concepts from the whole semester
- Exams and CPTs are part of the final 30% of your mark
- What are the different types of exams?

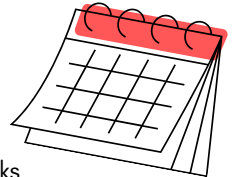


[Click here to learn more about exams!](#)

**2**

## MAKE A STUDY PLAN

- Make a schedule and follow it. Never cram.
- Studying should be on-going--review notes every day throughout the term.
- Mark your calendar and plan backwards. Set up a series of short blocks of time
- To study for each course.
- Be aware of the time of day works that's best for you to focus. Avoid last minute cramming or all-nighters



[Click here to learn more about study plans!](#)

**3**

## REVIEW AND PREPARE YOUR NOTES

- Re-read your notes, tests & assignments.
- Try making your own study notes for each unit ex., Cornell notes.
- Ask your teacher for any clarification needed and complete review materials they provide.
- Review your notes and get missing notes. Skim notes first, then summarize. Concentrate on what you don't know. Study section-by-section and highlight important points, complete review materials they provide.



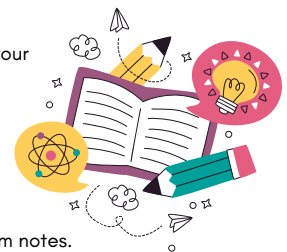
[Click here for helpful tips on note taking](#)

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**4**

## DECIDE THE BEST STUDY STRATEGIES FOR YOU

- Understand - don't just memorize!
- Do sample questions and make up your own questions--then answer them!
- Study past tests.
- Create memory cues.
- Watch videos
- Create a mind map.
- Make summary charts and point-form notes.
- Study in groups or find a study buddy.
- Create analogies, stories, or visualizations to synthesize information
- Study actively and by using different 'learning styles' read, question, and answer out loud.



[Click here for helpful study strategy tips](#)

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**5**

## MINIMIZE DISTRACTIONS AND OVERCOME PROCRASTINATION

- Silence your devices and keep them out of sight
- Find a quiet place, dedicated workspace
- Some prefer silence; others find soft music or white noise helps them to concentrate



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**6**

## PRACTICE SELF CARE

- Reward yourself with short breaks
- Take small steps to nurture your own health and well-being and manage any stress during exam time
- Make sure you get enough sleep
- Eat nutritious food to nourish your body and mind
- Reach out to your support system if you're feeling overwhelmed



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"Don't be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks." (PHILIPPIANS 4:6)