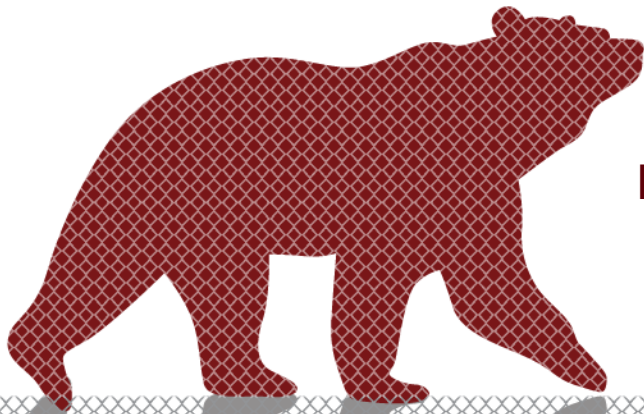
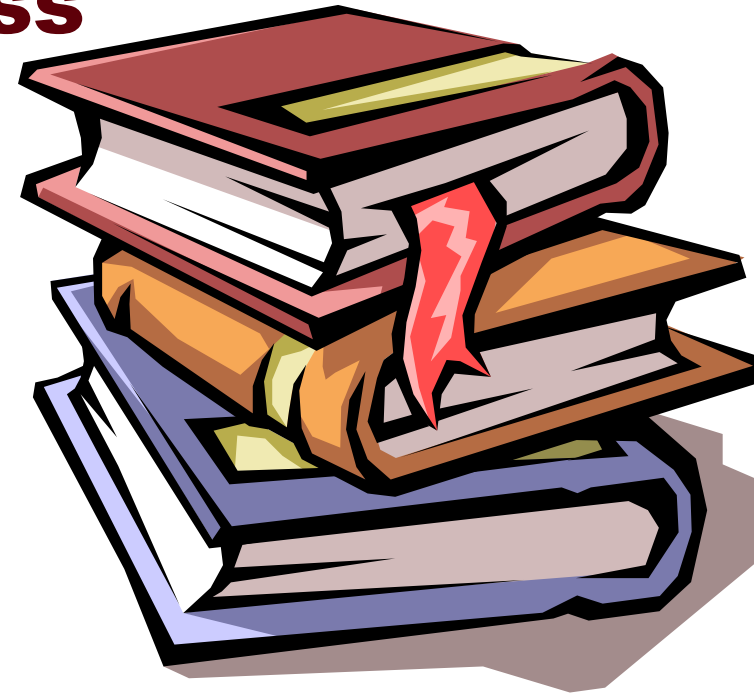


SURVIVING FINALS WEEK: Your Keys to Success



Michael Frizell
Director



Missouri State
UNIVERSITY



A CELEBRATION OF LEARNING

Before the Test...



Before the Test...



- ✓ Be Prepared!
- ✓ Exercise Sharpens the Mind.
- ✓ Get Some Sleep!
- ✓ Approach the Exam with Confidence.
- ✓ Don't Go to the Exam Hungry!
- ✓ Don't Try to do a Last Minute Review.
- ✓ RELAX!



CELEBRATION OF LEARNING TIP: Be Prepared!

When the Exam is Announced:

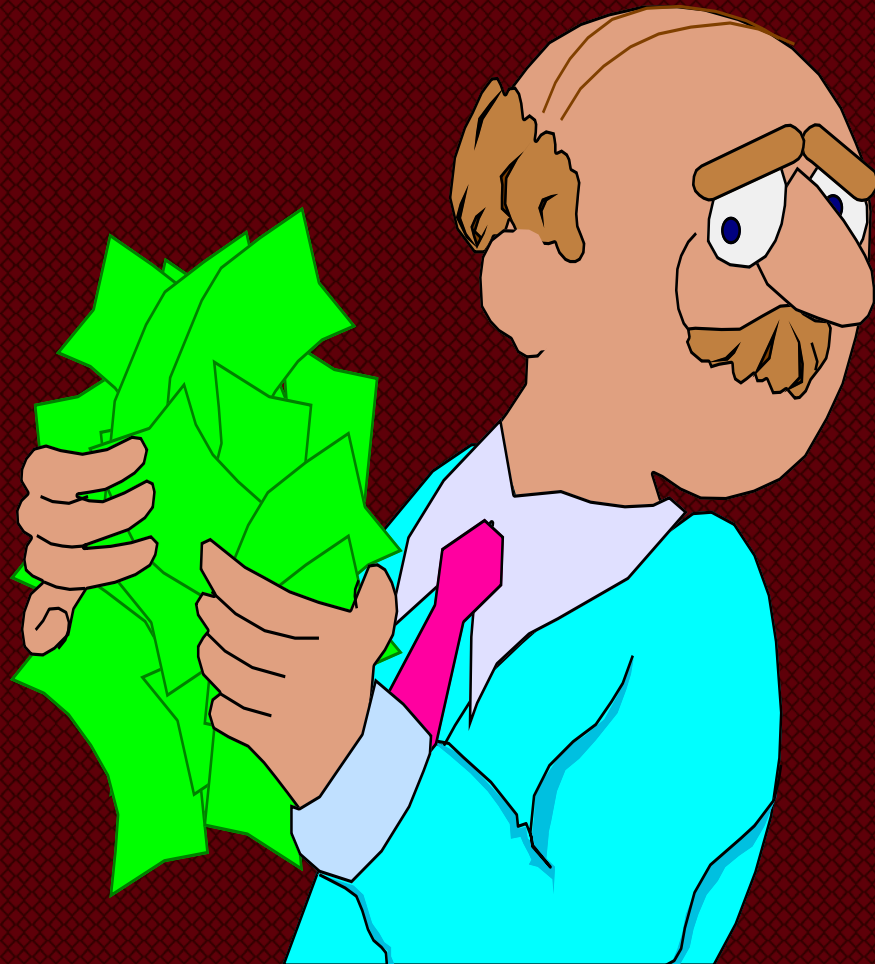
- Find out what the exam will or won't cover.
- Ask about the format of the exam: objective, short essay, long essay, or a combo

To Study for the Exam:

- Review your notes from lecture and text, looking for points the professor identified
- Do any end of chapter questions or review past quizzes
- Prepare a summary sheet of concepts



STUDYING TRAPS!



When the Celebration of Learning seems like too much to handle, what can I do? In my head, I say things like...



“I don’t know where to begin!”

- TAKE CONTROL!
- PRIORITIZE!
- BEGIN STUDYING EARLY!





“I’ve got so much to study...and so little time!”



- Preview! Survey your syllabus, reading material, and notes.
- Adapt this method to your own style by organizing notes in easy to read fashion.
- Remember: This is not a substitute for reading!



“This stuff is so dry, I can’t even stay awake reading it.”

- Attack the material and get actively involved in the text
- Take notes or underline key concepts
- Stay on the offensive, especially with material you don’t find interesting





“I read it. I understand it. I just can’t get it to sink in.”



- Elaborate. We remember things that are most meaningful to us
- Integrate what you are studying with what you already know



- Test yourself. Make up questions about key sections in notes or reading
- Review, review, review! In other words, you can't overstudy, but how you organize is still important

“I guess I understand it..I knew it a minute ago I think.”





“But I like to study in bed.”



- Context is the key! Recall is better when you study in a similar context to the test. The greater the similarity between the study setting and the test setting, the greater the likelihood that you will remember the material you studied



“Cramming before a test helps keep it fresh in my mind.”

- Space it out! Start studying NOW
- Increase the amount of time you study as exam approaches
- Recall will increase as study time gets spread out over time





“I’m gonna stay up all night ‘til I get this!”



- Avoid mental exhaustion!
- Take short breaks often when studying
- Relax and unwind mentally and physically
- Eat well, sleep, and get enough exercise



**...and no, bribing the
teacher does not
help...**





ACTIVITY

“Education is what survives when what has been learned has been forgotten.” – Skinner

“I never let schooling interfere with my education.” – Mark Twain



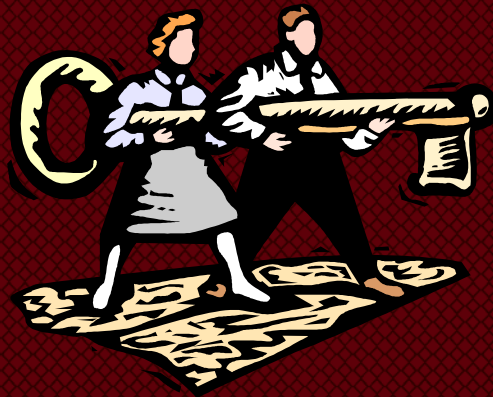
Survival Strategies During Testing...

- ✓ Preview the test before you answer anything
- ✓ Do a mind dump
- ✓ Guess how long each section will take
- ✓ Read the directions
- ✓ Answer easy questions first
- ✓ Go back to difficult questions
- ✓ Answer all questions
- ✓ Ask for explanations
- ✓ Answer questions from instructors p.o.v.
- ✓ Circle key words in difficult questions
- ✓ Express difficult questions in your own words
- ✓ Use the all the time



**Thank you for
your attention!**

If you have any
questions or would
like more
information, I'll be
around after class!





THANK YOU!

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The Supplemental Instruction Program (SI)

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For questions about...

Subject- Area Tutoring

Math Drop-In Tables

Focused Drop-In Tables

Study Skills Specialists