COUNTDOWN TO FINALS

Develop A Plan To Finish The Semester Strong
Impact Your Semester Outcome by Your Behavior Today

- Plan & Prepare
- Get to Work On Time
- Study Smart

“Planning is bringing the future into the present so that you can do something about it now”
~Alan Lakein
Plan & Prepare

- Semester Planner: map it out

“Let our advance worrying become advance thinking and planning.”

~ Winston Churchill
Get to Work On Time

Impact Your Semester Outcome by Your Behavior Today
Get to Work On Time

- Build in study, relaxation & social, work, class, etc...time
  - You may need to pull time from lower priority activities to focus on the needs of the next few weeks
- Spaced study sessions: Plan ahead to study
- Study Cycle: make time throughout your days/weeks for study and review

“Unless commitment is made, there are only promises and hopes; but no plans.”

~ Peter F. Drucker
Get to Work On Time

- Eating: 14%
- Sleeping: 34%
- Classes: 10%
- 42% (remaining time)
Impact Your Semester Outcome by Your Behavior Today

“Never regard study as a duty, but as the enviable opportunity to learn...for your own personal joy and to the profit of the community to which your later work belongs.”

~Albert Einstein

Study Smart
A note on Test Anxiety

Anxiety is a response to a perceived danger

- Re-think the way you talk to yourself
  - Internal dialogue: encouraging, empowering, motivating & honest

How would you encourage a friend?
Study Smart

- A note on Test Anxiety…

- Consider your thought patterns

- Acknowledge that you could live through the worst case scenario

- Vision & Purpose: clarify and re-affirm
A note on Test Anxiety…

Create new thought patterns:

- **True:** “I know this is going to be difficult, but…”
- **Empowering:** “I will not give in to fear, I will focus on my purpose/vision/goals.”
- **Responsible:** “I take full responsibility for my performance on this test.”
- **Affirming/Kind:** “I am going in to share what I know.”
Study Cycle

- Preview
- Attend
- Assess
- Study
- Review
Intense Study Sessions

- **Set a Goal (1-2 min)**
  - Decide what you want to accomplish in your study session

- **Study with Focus (30-50 min)**
  - Interact with material: organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
Intense Study Sessions

- **Reward Yourself (10-15 min)**
  - Take a break – call a friend, play a short game, get a healthy snack

- **Review (5 min)**
  - Go over what you just studied
Recall

Day 1 | Day 2 | Day 7 | Day 30
---|---|---|---
100% | 100% | 100% | 100%

10 minutes of study | 5 minutes of study | 2-4 minutes of study

Short-Term Memory | Long-Term Memory
Study Smart

- Know What You Need to Know
  - What kind of exam: comprehensive, notes...
  - Identify resources: tutors, office hours, practice tests, study groups...
  - Meet with Professor: confirm info, current grade, feedback...
Study Smart

- Gather Information: Instructor, text, lecture notes
  - What will the test cover
  - Comprehensive or non-Comprehensive
  - What kinds of questions will be used & how many
  - Where/when will the test be given
  - Special test materials
Study Smart

- Eat well
  - Nutritionist Appt: 620-235-4452
- Sleep well
- Exercise: get outside & have some fun
- Visualize success!
Study Smart

Test Day
- Bring all materials needed for exam
- Arrive early (on time is late!)
- Deep breathing, stretches, relax
Test Day

As soon as you get your test paper:
- Write name & ID#
- Formulas, processes, maps on your paper
- Preview the test: budget time on each section
- Read all directions carefully & slowly
- Underline key terms & steps in the directions and in each question
Study Smart

Test Day

- Answer some of the easiest questions first
- Expect memory blocks
- Answer every question
- Neat & legible
- Overwhelmed: stop & take a deep breath, visualize success
Study Smart

Science & Math:

- Develop a list of types of problems
- Develop problem-solving steps
- Develop a practice test
  - Randomly arrange problems
- Practice solving problems quickly
Multiple Choice:

- Try to answer the question without looking at the choices
- Look at one option at a time and treat each answer as a true or false question
Study Smart

- Multiple Choice:
  - Longest choice is often correct
  - Make sure answer is grammatically correct
  - Read all choices before choosing one
  - Note answers with “all/none of the above”
True/False:

- Watch for absolutes: always, never
  - Usually false, but not always!

- Watch for seldom, usually
  - Usually true, but not always!
Study Smart

- True/False:
  - Use the rest of the test for information: some test questions will help to answer others!
  - If in doubt, go with your instincts
  - Don’t change an answer unless you’re absolutely sure you should!
Study Smart

- Essay:
  - Examine the question & organize your thoughts before you start to write
  - Outline or map your response
Study Smart

- **Essay:**
  - Have a beginning, middle, end
  - Run out of time: outline remaining questions for possible partial credit
  - Proofread your answers: make sure all are grammatically correct
Study Smart

- After the exam:
  - Leave promptly, don’t talk about the test
  - Let it go & reward yourself for your hard work
  - If your final grade is lower than you expected, ask to see your final exam.
Study Smart

Avoid:

- Letting time get away from you
- Relying solely on short-term memory
- Letting others derail your study plans
- Aiming for less than 100% mastery
- Failing to believe in yourself!
Have a great rest of the semester!

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Academic Success Skills Workshop Series
First Year Programs

StudentSuccess@pittstate.edu
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