I. Preparation for Finals

a. Get yourself motivated - why is it important that you do well on this test? Find reasons!
   i. Ask students for examples of courses and how these fit into their goals either
      short or long-term; forward context
   ii. Draw timeline on the board to explain how to start from the end goal and
      work backwards to place classes in context
b. Identify key ideas - after each class you can begin to do this by asking questions like:
   what was the main idea today? What issues/topics did the instructor spend time on and
   why? What questions does this bring up? What connects this to other course material?
c. Understand those!
   i. Review notes; fill in missing info
   ii. Clarify unclear information right away
   iii. Don’t just memorize; elaborate! Generate generic questions that require you
        to elaborate on course ideas
   iv. It might help to work in a study group; express information aloud in your own
       words
d. Organize them with supporting information
   i. Determine how the ideas relate to each other
   ii. E.g. use chapter outlines and look for relationships
   iii. Make a visual map or chart
   iv. Relational understanding - pick a word or phrase that connects several
       concepts and remember that
   v. Study in a way that matches how the course is organized e.g. if theories are
       emphasized, understand how each view explains the phen. At hand
e. Quiz yourself, use your memory
   i. Distribute your practice; review often for short periods of time
   ii. Avoid having to ‘re-learn’ by spacing study sessions too far apart
   iii. Use memory techniques; abbreviations, acronyms, etc.
   iv. Use cue-cards, anticipate questions on the test, write down key ideas from
       memory, etc.
f. 7 day study plan (handout)
g. Review Right handout (to get a good start next semester)

II. Haven’t been studying regularly? Don’t have 7 days? (York website)

a. 8 steps: finish central course readings and compile notes
b. review for course focus and learning objectives
c. know the weight, format, and other details of the exam itself for each of your classes
d. set realistic goals and time to study each day
e. re-prioritize other extracurricular activities; prepare a place distraction-free for
   yourself
f. use study aids; notes, past exams, study guides, study groups
g. decide what’s important by reviewing how course was organized and generate
   questions that will help you remember this
h. get started ASAP but remember effective is better than efficient