Finals are only a few weeks away. Now is the time to start developing a plan of attack. A strong and specific finals preparation strategy will allow you to be proactive in your approach and empower you to be in control, instead of passively reacting to circumstances and always feeling a step or two (or three) behind.

**Information Needed to Develop a Finals Strategy:**
- The dates, times, and locations for all your final exams and project due dates
- Your current course grades: to help plan and prioritize your strategy
- A realistic goal for your finals and course grades: goals will help you to develop achievable plans necessary to accomplish those goals
- What to expect on final exams: multiple choice, essay, cumulative, time allotted, etc.
- Materials you will need to study and/or draft your projects: having this material together and organized in advance with make the process more time efficient and reduce the possibility for procrastination
- Realistic timeframes for completing tasks in order to make sure you have enough time, include time for utilizing campus resources
- Time when you plan to sleep and eat: if you don’t plan for that time, you may find you skip sleep and meals, which will negatively impact your performance

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**Tip of the Month: Prioritize Sleep During Finals**

Do yourself a favor during this semester’s finals and...sleep. Incorporate a specific amount of sleeping time into your finals strategy. But even if you find you did not plan for finals as well as you would have liked, you will do better on the next day’s exam by not staying up all night to catch up and instead getting a good night’s rests. The sleep will allow your brain to better store and absorb that information during the exam.
### Crucial Finals Information:

#### Final Exam Schedule: Spring 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Exam Period I</th>
<th>Exam Period II</th>
<th>Exam Period III</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, May 2</td>
<td>9:00-11:00 a.m.</td>
<td>12:30-2:30 p.m.</td>
<td>3:00-5:00 p.m.</td>
</tr>
<tr>
<td>All Classes meeting 1:20 Monday</td>
<td>All Classes meeting 10:00 Monday</td>
<td>All Classes meeting 12:00 Tuesday</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Date</th>
<th>Exam Period I</th>
<th>Exam Period II</th>
<th>Exam Period III</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, May 3</td>
<td>2:10 Tuesday</td>
<td>All Classes meeting 12:00 Monday</td>
<td>All Classes meeting 9:00 Monday</td>
</tr>
<tr>
<td>All Classes meeting 2:10 Tuesday</td>
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<thead>
<tr>
<th>Date</th>
<th>Exam Period I</th>
<th>Exam Period II</th>
<th>Exam Period III</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, May 5</td>
<td>11:00 Tuesday</td>
<td>2:40 Monday</td>
<td>8:00 Monday</td>
</tr>
<tr>
<td>All Classes meeting 11:00 Tuesday</td>
<td>All Classes meeting 2:40 Monday</td>
<td>All Classes meeting 8:00 Monday</td>
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<tr>
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<th>Exam Period II</th>
<th>Exam Period III</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, May 6</td>
<td>6:30 Tuesday</td>
<td>All Classes meeting 6:30 Monday &amp;/or 6:30 Wednesday</td>
<td>TBA classes and All other classes; Make-up Exams with Dean’s Approval Only</td>
</tr>
<tr>
<td>All Classes meeting 6:30 Tuesday</td>
<td>All Classes meeting 6:30 Monday &amp;/or 6:30 Wednesday</td>
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</tbody>
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**ATTACK OF THE FINALS MEMES!!!**

- Last five minutes of exam
- The test was already curved
- "I love studying for final exams."
- May the odds be ever in your favor
- 4 exams in 1 week? This is madness...
- This.. is.. finals!!!
- Final exams start next week
- The great battle of our semester
- Happy finals week
- Good
- Come at me bro!

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**The Trojan Tribune**
Studying Advice From Former College Students the Faculty

Words of Wisdom

“All those exams and projects can make your head spin. Organization is key. A week or two before finals, sit down with your syllabi and have a meeting with yourself to create a plan of attack. Map out your obligations on a calendar and then figure out when you need to make time for asking profs last minute questions, when you can meet for study groups, and when you have ‘free’ time to study. And don’t forget to schedule some fun too! Even just taking a walk or dancing around your room can wake up your brain, but it’s still worth scheduling so you don't forget!”

—Jenny Barker-Devine, Assistant Professor of History

“Final exams are about putting everything from a semester together. Figure out how the pieces of a course fit with each other, how they make a whole greater than all of the individual parts. Don’t forget the details, but get a big view of what you have done for the semester into which those details fit.”

—Steve Hochstadt, Professor of History

“I would advise students to start studying sooner rather than later, to contact their teachers with questions they have, and to approach finals with confidence!”

—Kelly Dagan, Associate Professor of Sociology/Gender & Women’s Studies

Student Guest Column: Reduce Stress Before Finals: Flynn’s Rules

1) A no brainer: Study!: Make sure you know the information and can repeat it no matter what form it appears in on the exam.

2) Take breaks: For each hour you study, take a 10 to 15 minute break. Studying is important, but you cannot study forever and hope you retain it all. The break will help you retain your focus.

3) Get a good amount of sleep: The less sleep you get, the less you will be able to remember. The best way to retain information you learned the day before is to sleep well that night. Your brain will file away the information.

4) Choose confidence: A lot of people stress about information they may not know or remember. However, if you prepared well, you most likely have it down more than you think. So choose to be confident. It will make a big difference.

5) Picture the A! This actually works. Picture yourself doing well on the exam. Visualize a giant A on your returned and graded exam. This will not only help you to feel more calm as you sit down to take the exam, but it will also increase your likelihood of doing better. By visualizing success, you automatically start down the path of making decisions that foster success.

“Choose to be confident. It will make a big difference.”

Ryan Flynn
Tips For Preparing For Exams

- **Begin preparing** for final exams in a **timely manner**. Make certain that you are able to maintain a regular schedule of both sleep and exercise.

- **Create a daily study plan**—budget your time based on your priorities and your prior level of preparation.

- **Use daylight hours**—research shows that 60 minutes of study during the day is equivalent to 90 minutes of study at night (Pauk, Walther, *How to Study in College*, Second Edition, 1989, p.45).

- **Plan blocks of time**—in general, optimum efficiency is reached by planning to study in one hour blocks (50 minutes of study, followed by a 10 minute break) (Pauk, 1989, p.45).

- **Have a specific agenda for each study period**: this will assist in keeping you focused and goal-directed.

- Studying in **bed or in a dorm room** is generally **NOT recommended**, as these are environments which students tend to associate with “relaxing” and “sleep.” This type of mindset is not helpful in facilitating an intense study session.

- Investigate study locations in which you can be ‘free’ from typical roles and responsibilities (e.g. friend, roommate, member of student organization)—**make it a priority to find an environment that maximizes your productivity**.

- Plan to **study when you are most alert** and tackle the most difficult tasks first.

- **Build in moments of relaxation**—schedule study breaks effectively (e.g., taking a five or ten minute break every hour or hour and a half).

Upcoming Workshops and Events

**TRiO GOES GLOCAL: COMMUNITY SERVICE PROJECT:**
Saturday, April 12th, 9:00—noon, Woodland Farm.

**MIND-BODY BALANCE: REDUCE STRESS, ENHANCE PRODUCTIVITY:**
Wednesday, April 16th, 6:00—7:00, Kirby 108.

**YOGA-PALOOZA: COME IN STRESSED, LEAVE REVITALIZED:**
Monday, April 28th, 5:00-6:00, Memorial Gym.