Stop Procrastinating!
Prepare for Finals Today!

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Overview

• General Preparation Tips
• Creating & Sticking to a Plan
• How to Manage SURPRISE
• 4 Parts to Studying for Finals
How are Final Exams different from other exams?

How do you normally study for an exam?

Goals for finals?
Preparation

• Identify details of your finals
• Consider meeting with your professor
• Create small study groups (3-4 people)
• Visit the AAC & Writing Center
• Make a plan
The secret of getting ahead is getting started.

(Mark Twain)
How to Make a Plan

✓ Prioritize
✓ Know what you need to get done
✓ Identify Important Dates
✓ Get your Work Schedule
Make your Schedule 1-2 Weeks in Advance

Write down -

- Important Dates
- When you will work on projects/papers
- When you will study for each final
- Other commitments
Common Studying Questions

When should I start Studying?
Start at least 5 days before exam (7 for the difficult courses)

How long should I study?
It Depends... but on average, a study session should last 45 – 75 minutes/course

How often do I need to Study?
Daily...Consider your availability, the difficulty of the course & amount of material covered
4 Parts to a Study Session

- Set a Goal: 1-2 minutes
- Study Actively: 30-50 minutes
- Take a Break: 10-15 minutes
- Review: 5 minutes
Quality & Frequency is Key
Strategies for Managing SURPRISES

• How do I balance my friends?
• What if I can’t focus?
• How do I pay attention?
• What if I get bored studying?
• I procrastinate. What should I do?
ELIMINATE DISTRACTIONS BY CONSIDERING:

• The place & time you study
• Your physical condition
• Phones & computers

Post it! “I’m studying & away for the next 10 days. Deal with it” facebook/twitter status

FOCUS YOUR ATTENTION BY:

• Getting enough sleep
• Timing yourself when studying
• Varying your plan
• Listening to your body – take a quick break if you need it!
How to Avoid Procrastination!

• Make a daily to-do list
• Cross things off when you complete it
• Prioritize what’s IMPORTANT
• Break big tasks into smaller ones
• Surround yourself with people that motivate you
• Use your wait time
• Positive Self-Talk
Final Tips

• Don’t Cram!!!!!!
• Sleep! Eat well & get your H2O
• Have fun/relax: every day, take 10-15 minutes to do something relaxing
• Breathe.... Slowly

• End on a positive note with your professor
• Get started on your plan NOW
Thank you for Coming!

For more tips, visit our resource page:

http://www.towson.edu/aac/resources/WorkshopResources.asp

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