

#1: Time Management:

When one delegates their time wisely, the workload becomes less overwhelming. Decide what needs the most attention and take care of that before anything else.

#2: Workout

Contrary to popular belief, working out does not make you more tired- it makes you more alert. Take a run, take a swim or take a walk and *then* tackle your studies.

#3: Don't Study Too Long

Seriously, don't study too long! When your brain is overwhelmed, it gets tired and no one wants to feel that way during finals. Set aside an hour (or two) for your schoolwork and then give your brain the rest it deserves.

#4: Eat Brain Food

Fruits and veggies are the best energy boosters out there! Fruits contain natural sugar that will energize you without the crash and vegetables are just plain healthy!

#5: Study the Way You're Going to Take the Test

Train your thoughts to work according to the format of the test. If your exam will be in essay format, then challenge your writing skills with a practice essay.

#6: Get a Good Night's Sleep

A little R&R goes a long way. Let your mind process what it has learned and then sleep on it. You will be surprised at how much information it will retain.

#7: Find Study Partner(s)

Seek out a person or two who will be as serious

#8: Get Help From CASA

Our doors are *always* open! The priority of our tutors and S.I. leaders is to make sure a student gets the assistance and walk out feeling more confident.

#9: Chunking or Organizing Your Notes for Study

Color code your notes; make flashcards; make color coded flashcards. Do whatever you feel will help you remember your material.

#10: Don't Cram

Cramming is one of the worst things you could do to yourself. Start studying a good couple of weeks before the exam. You won't regret it!

#11: Address Any Issues of Which You Are Still Unsure

Talk to your professor, tutor or mentor if there are questions that need to be examined. Being prepared as much as possible is crucial if you want to do well on your exams.

#12: Minimize Partying and No All-nighters

Save the parties for *after* finals. If anything, completing your finals gives you a reason to celebrate! All-nighters are right up there with cramming in the study no-no department. Study consistently a couple of weeks in advance and you will be more than prepared.

#13: Review Homework and Previous Exams

This is particularly helpful if the final is comprehensive. If something is important enough to be in homework or in a previous exam, odds are it will be on the final. Again, there is nothing wrong with being prepared!

#14: Work on Extra Material That Was Not Previously Assigned

It's better to know it and not need it than to need it and not know it, right? This is a good exercise to further extend your knowledge of the subject at hand.

#15: Ensure You Have All Supplies Available to Complete the Exam

Bring what you will *definitely* need, such as pencils, erasers, scantrons and bluebooks. It is not a bad idea to grab what you will *possibly* need, like extra pencils and spare paper.

#16: Calculate Your Class Grade and do Any Extra Credit Material

This is particularly useful when the class centers around a difficult subject. If you are unsure of your class performance, take advantage of the extra credit options. Extra credit can mean the difference between failing and passing.

#17: Know the Material for the Exam

Don't wing it! Consistent study time may be viewed as a stress reliever because you know the exam will be nothing you cannot handle.

#18: Be in a Proper and Comfortable Environment

Find a place where you are at your most relaxed, whether that place be your home, a restaurant or the beach. If you are in a happy place physically, you will be in a happy place mentally, as well.

#19: Create a Well-Filled Calendar

Having a plan for even the day can't hurt. If you study best in the mornings, schedule your study time for the mornings and restrict any external distractions.

#20: Cram as a Last Resort

Life happens, right? Other priorities come up. If cramming is your **ONLY** option, then it is better than nothing.