



Golden Bear Commuter Courier

Finals, Just Around the Corner!

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When December hits, there are things that are certain to happen: finals week, snow and Winter Break. It is hard to stay focused on school work and finals with Winter Break close behind them! Now is the time to be more focused and dedicated than ever! Just remember, finals week is only one week long, whereas, winter

break is an entire FOUR weeks! You have four weeks where you do not have to attend class, wake up early (for class) study at night, or do homework. So push through one hard week so you can enjoy four stress-free weeks of winter break!

Do not stress out! You still have time to make sure you are prepared

for this sometimes hectic, overwhelming time of the semester. This is when you should be using your time wisely - to study, review, talk to your professors about any problems or issues you are having, and get in the mindset of taking finals.

GOOD LUCK!



Finals Preparation

Preparation is key for performing well on your final exams. Follow these instructions and tips to prepare for Finals Week.

Step 1: Planning

1. Information to check about your final exams:

- Are you having a final in your course?
- Is the final cumulative (covering information from the entire semester) or much like a regular test?
- What type of exam will it be? (Essay, short answer, long answer, multiple choice, fill in the blank, matching, etc.)
- How much of your final grade will your final exam be worth? (10%, 30%?)
- When is your exam going to take place and in which room will you take it? *Keep in mind that you might take the exam in a room different than where your class takes place.* To check the time of your exams, log into ASAP.

The chart below will help you keep track of your exam information. This information will help you make decisions about how, when, and what to study as Finals Week approaches.

Class	Cumulative or Chapter	Type (multiple choice, essay, etc)	% of grade	Date, Time, and Place of exam

2. **Use the Weekly Planner to plan out the week before finals and Finals Week.** Fill in your classes, exams, meetings, meal times, sleep schedule, and other obligations. Schedule in **study times**.
3. **Make sure you plan for everything else.**
1. Do you have other papers, projects or assignments to complete during Finals Week? Make sure to plan for these, too.

Finals Preparation - continued

2. For instance, **you will need to pack, clean, and check out of your room**—and you have to coordinate this with your roommate if you have one. This takes time. Don't be the straggler who is packing at 4pm on Friday. Plan ahead!
3. Give yourself time to **eat a good breakfast, lunch, and dinner**. Skipping a meal to study does not make your body happy. Eat well—junk food will make you feel sluggish when it comes exam time.
4. **Sleep 7-8 hours each night**. If you have prepared well, cramming will not be necessary. Sleep helps your brain store and remember information; therefore, sleep is important during finals week when you will need to remember an entire semester's worth of information!
5. If you work out, plan in work out times. Your body will thank you because exercise relieves stress.
6. If you have 3 or more exams on the same day, you will most likely need to reschedule one. Discuss this with your advisor.

Step 2: Studying

1. **Find a quiet and productive place to study.** Studying in a distracting environment means you get less done. It will take you longer to study if you are distracted. It is fun to socialize while studying, but if you can be efficient with your study time, you will have more time to relax. *The library will be busy.* Stake out other locations on campus for studying and plan on having two or three places you feel comfortable studying in case your spot is taken.
2. **Study appropriately for each subject.** For instance, if you are taking a math exam, you will need to practice math problems. If you are taking an essay exam, it would be a good idea to practice writing out the essays or at least outlining what you will write about. (See Academic Support Center for tips and strategies.)
3. **Study early, study often.** Spread your studying out through the week before Finals Week. More constant and consistent contact with material in addition to good sleep will help you retain more information and give you time to ask questions of your professors in class.
4. **Take breaks.** We can only concentrate for so long. Set goals. "I will study PSY 101 chapter 1 for an hour and then take a 15 minute break." The key is sticking to your plan. If you decide to take a 15 minute break, take a 15 minute break—not a 40 minute break.

Step 3: Before and During the Test

1. **Get a good night's rest before the exam.** Cramming is not healthy or productive. Imagine trying to drive a car after pulling an all-nighter. You would risk falling asleep at the wheel, so don't risk that with your exams.
2. **Eat a good meal before the exam.**
3. **Set multiple alarms!** Do not let yourself miss an exam due to oversleeping. If for some reason you are deathly ill, make sure you contact the professor as soon as possible.
4. **Layer your clothing.** You probably don't want to be freezing because you forgot to wear a sweatshirt or sweating because you are only wearing a wool sweater. Wear layers so that you can remain comfortable during the exam.
5. **Chew gum, bring water, bring mints.** Sometimes chewing gum or eating a mint can help you concentrate and ease nervousness.

D'Amour Library hours extended for finals

D'Amour Library will have extended hours starting Sunday, May 7 as students prepare for final exams.

Sunday
10:00 am - 1:00 am

Monday - Thursday
7:45 am - 1:00 am

Friday
7:45 am - 9:00 pm

Saturday
9:00 am - 9:00 pm

(December 16 will close at 6pm)

WNE students may access the basement level at any time using the parking lot entrance. A current WNE ID is required.

