

# TRiO Student Support Services & Student Success Center



## Tutor Tips to Survive Finals!

Here are some tips from our tutors to assist you in getting through finals! We hope you do well and as always come by the tutoring lab and Student Success Center for additional help getting ready for final exams.

**Tip #1: SLEEP WELL**—getting 6-8 hours of sleep actually helps you retain information. Pulling an all-nighter to cram for exams does more harm than good.

**Tip #2: TAKE BREAKS WHEN STUDYING**—take regular breaks while studying. Studying too long at a time is not good for retention. (40-50 minutes studying, 10-15 minute break)

**Tip #3: STUDY GROUPS**—study groups or studying with a partner is a great resource. Sharing ideas and reviewing as a group will assist in preparing for finals.

**Tip #4: LOCATION, LOCATION, LOCATION**-- a quiet place to study helps you to recall information

**Tip #5: GOOD NOTES**—taking good notes can be the key to success for finals

**GOOD LUCK!**

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**Tip #6: DO NOT PANIC!!!**—stay calm and be prepared, try to avoid panic overload!

**Tip #7: EAT HEALTHY SNACKS WHILE STUDYING**—try not to overload on sugar, protein is better for studying.

**Tip #8: REMEMBER THE FOCUS OF THE COURSE**--In many cases the syllabus provides the best indication of what the key points of the course are. Look for phrases such as “In this course we’ll consider...” or “Some topics to be studied include...” or “We’ll focus on...” If the syllabus is the prospectus for the course, it’s likely that a retrospective look at it, at the end of the course, will be productive.

**Tip #9: ORGANIZATION**—it is helpful to have all your notes and study materials on hand and ready to go instead of constantly having to look for them.

**Tip #10: DO NOT GET STUCK ON ONE PROBLEM**—if you are unsure of an answer to a question do not spend all your time on it, skip that question and move on to the next question. You can always come back to the question you skipped.

**FINALLY REMEMBER THAT FINALS ARE A WAY TO SHOW WHAT YOU HAVE LEARNED THIS SEMESTER. SHOWCASE THAT KNOWLEDGE AND REMEMBER THE “BIG PICTURE”!**



**GOOD LUCK!**