

# 10 FINAL EXAM STUDY TIPS

## FROM THE STUDY SKILLS ACADEMY

Set a dedicated study space with good lighting. If possible, avoid studying on your bed. Bring all the materials you need like your books and study snacks. Free your study space of any potential distractions.

Use active learning strategies to test your understanding. Quiz yourself using flashcards or pre-made practice tests/quizzes.

Take multiple breaks. If you are feeling overly stressed, take a walk or do an activity that will help put you in the present moment. Breaks are important to recharge and stay focused.

Have a study plan. Know how much studying you want to do in a day, how many days it will take, and what material you want to cover. This will prevent last minute cramming!

Ask questions and attend office hours. If you are stuck on a concept for too long, asking for help can reduce frustration. Utilize the Academic Success Center for tutoring, study skills assistance and more!

Form a virtual study group. Learning with others can be an advantage! Take turns teaching each other and hear different perspectives and ideas.

Don't forget to consistently review. Even if you are done studying a section, always make time to review previously learned material so it is fresh in your mind.

Prioritize studying the material you do not know as well first. Integrate all material learned in order to make connections and understand the big picture.

If you are having difficulty with motivation, have a reward in mind after your study goals are complete. This can be something simple like a cup of coffee or watching an episode of your favorite show.

Be sure to get enough quality sleep. Skipping on sleep may lead to difficulty with focusing, retaining information, and increased stress levels.

Check out the Study Skills Academy for evidence-based study strategies to enhance your learning and academic performance

[success.wayne.edu/study-skills](https://success.wayne.edu/study-skills)