It’s time for Finals!

This is the week… The week that gives you chance to prove yourself as a serious collegiate student. As I would assume, I am sure that many of you are very nervous about your finals. Finals can bring you back from a bad grade, but also bring you down away from that grade you want. I am here to tell you that that nervousness that you are feeling is completely normal! The first finals week is the hardest because you really have no clue what to expect. You might even be second guessing yourself on what you’re studying. To help you, here are a few strategies to assist you when you are preparing and actually taking your final exams:

Before the Test:

- Use memory techniques
- Create sample tests/study guides
- Create a study team with your classmates
- Use all available resources

During the Test:

- Once you receive the test, immediately write down information on the test that you may have trouble remembering
- Read and listen to all instructions
- Answer all the questions
- Review your test when you have completed

These are just a few suggested test strategies you can use, but if you have your own strategies that are effective, then don’t stray away from what you know works. Finals can be very intimidating, but they’re something that every college student has to do. It’s your preparation and confidence of knowing the material that will get you to where you want to be at the end of this week!

Good Luck and I hope all of you have a fantastic holiday break!

My best,
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