



COUNTDOWN TO FINAL EXAMS!

Centers for Learning & Academic Support Services, UMass Lowell
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Organization and Mini-Review

- Ask instructors about the content and format of final exams.
 - Review your old tests and quizzes for cumulative finals.
 - Go back to early chapters in your texts and review chapter summaries; re-work some homework problems
 - Writing a research paper or essay? Meet with a tutor at the Write Place: SO321 x2292 or O'Leary x2941.
 - Pick up sample exams from Tutoring Centers: SO 321 and O'Leary 3rd floor, Fox Hall and ICC.
 - Organize your notes and outline topics for systematic review.
 - Create a study checklist of all material to be reviewed, including chapters from text and notes.
 - Form a study group with classmates; share your strengths and quiz each other.
 - Get help from a peer tutor in SO 321, O'Leary 3rd floor, Fox Hall, and ICC.
 - Develop summary sheets/mind maps of important topics.
 - Check professors' websites for supplementary course material.
 - Develop a study schedule by estimating how much time you need for each item on your study checklist.
- This is your Plan of Action!**

Intensive Study 1 WEEK BEFORE:

- Keep up with current course readings and assignments.
- Review your lecture notes and textbook notes.
- Take breaks.
- Use mind maps to get "big picture" of course material: relationships, connections, associations.
- Use flash cards for memorization of detail.
- Create mnemonic devices for memorization of vocabulary terms.
- Outline answers for possible essay questions.
- Complete practice problems for math-based courses.

Review EXAM WEEK

- Breathe! You are prepared, so feel confident and positive in your ability.
- Attend a review session at the Tutoring Center: SO 321, O'Leary 3rd floor, Fox Hall, and ICC.
- Continue to review textbook: look over headings, introductory and summary statements.
- Recite information aloud.
- Create and take self-tests.
- Reduce test anxiety by avoiding last-minute cramming right before your exams.
- Eat well and stay active! Get plenty of sleep.