

## ARE YOU READY FOR FINALS?

The end of the semester is fast approaching and with that comes the ritual all students love – final exams! For many students final exams bring on more stress and anxiety than necessary. With the proper attitude, dedication, and preparation your final exams this semester can be the most stress-free ever.

To help in your preparation for final exams this semester the Arapahoe Advisor solicited study strategies from several ACC instructors. When asked, “What are some good ways students can prepare for finals?” here is what they had to say...

### **Dave Trott, Astronomy Department**

- Your instructor wants you to succeed. She or he will offer you the best possible advice and tools to help you. Listen carefully to your teacher and take advantage of every opportunity you are offered. Think of your teacher as a wise coach who wants you to win a gold medal. Work hard and make your coach proud!

### **Dr. Josie Mills, English & Developmental Studies Departments**

- The best way to study is *not* to do it the night before an exam...ideally you'll study over about two weeks. This way you won't feel overwhelmed because you can complete one task at each study session rather than having to cover everything all at once. Begin by making a study plan for yourself. If you do have to study at the last minute, try going to bed at your normal time and setting an alarm to make you wake up very early (4 a.m.?) to study. That way you'll be rested first before cramming.

### **John Hall, Graphic Design and Illustration Department**

- Since many final exams are projects, here are a few pointers for presenting a polished project:
  - Start early and get lots of feedback from your instructor.
  - Allow time to make adjustments for when your project doesn't turn out the way you want.
  - Use good craftsmanship – presentation is everything!
  - Practice the verbal part of your presentation.
  - Back up your computer files!

### **Erica Henningsen, Psychology Department**

- Bad Strategy: Rely on rote memorization.  
Good Strategy: Focus on the MEANING of the material. Even better – apply the information to your own life experiences or make up a silly story about concepts which you need to understand for the exam.

- “Tips for Improving Your Memory” (<http://www.studyhall.com/MEM/memory.html>):
  1. Take in formation.
  2. About five minutes later, undisturbed, go over the main points of what you are trying to remember. That should only take you a minute or two.
  3. An hour later, do the same thing.
  4. Three hours later, do the same thing. Just go back over the information a minute or two.
  5. Six hours later, do the same thing. Then that night before you go to sleep, review the material one last time.
  6. Repeat that three times a day for the second and third days. Now you have that information for the long term.

Great Advice!

Remember, you can always stop by the [Peer Mentoring & Tutoring Center](#) or the [Writing Center](#) to receive help on tests and papers. Your professors also are a great source of study tips and guidance.

Good Luck!