

STRESSED OUT ABOUT FINALS?

You are not alone — many students get stressed out about finals! Here are some tips to help reduce your stress and stay organized during finals week.



1 Check the syllabus

Before you start studying, it is a good idea to take a look at your class syllabus to get more information on your final exam or project. Take a look at:

- How many points the final is worth?
- Is the final is comprehensive or not?
- What material does the final cover?
- Is there a final review session?
- Is tutoring available or office hours listed?
- When and where is your final exam?

* DID YOU KNOW? *

During finals week, the Learning Center still offers tutoring — although, times and subjects are limited during finals week. During the rest of the semester, we offer study skills tutoring and course-based tutoring for over 100 courses!

ASSIGNMENT PLANNER

Case Study #3

Goal Grade: 95%	Points Worth: 50	Course: PSYS 317	Start Date: 4/10	Due Date: 4/28
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DIRECTIONS & RUBRIC:

Complete parts 1-4 (attached)

1. bibliography	bibliography - 10 pts
2. research essay	essay - 20 pts
3. full solution	solution - 20 pts

NOTES:

Time - color assignments:

pink: 2+ hrs
orange: 1-2 hrs
yellow: 40-60 min
green: 20-40 min
blue: 10-20 min
purple: <10 min

Files saved under:
school > PSYS 317 > case studies > 'three'

Library section #5817

TASKS:

Task	Deadline
<input checked="" type="checkbox"/> decide 10+ references	4/11
<input checked="" type="checkbox"/> write up bibliography	4/12
<input checked="" type="checkbox"/> research w/ notes	4/15
<input checked="" type="checkbox"/> brainstorm ideas	4/18
<input checked="" type="checkbox"/> write outline	4/19
<input checked="" type="checkbox"/> add in-text references	4/20
<input checked="" type="checkbox"/> write first half	4/22
<input checked="" type="checkbox"/> write second half	4/22
<input checked="" type="checkbox"/> proof read essay	4/23
<input checked="" type="checkbox"/> brainstorm solutions	4/24
<input checked="" type="checkbox"/> sketch 2 solutions	4/24
<input checked="" type="checkbox"/> decide final solution	4/25
<input checked="" type="checkbox"/> write up solution	4/25
<input checked="" type="checkbox"/> submit online	4/26
<input checked="" type="checkbox"/> submit paper copy	4/26
<input type="checkbox"/>	

Grade Received: _____

Assignment Complete

Create a study plan for each exam

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Try creating a study plan for each of your finals. These plans should outline each task/concept you should complete/review per lecture topic to be successful. This could be useful when outlining a final project or paper! Check out an example of a study plan to the right. You can also find free study/assignment plan templates online!

Attend review sessions

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Professors or teaching assistants might host review sessions throughout the semester and during finals week. Try to attend these! There is a chance that they will give out details about the exam, such as types of questions and specific concepts that will be on the test.

4 Find a study partner or study group

If you can't make it to professor or TA study sessions, try finding a partner or group of peers to study with! Many people find it easier to study with other people. These types of sessions are great because you gain new perspectives to studying and the material, and also reinforces material through teaching others.



5 Use flashcards

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Whether you are using physical flashcards or digital flashcards (like Quizlet), flashcards are a great way to test your knowledge and memorize important information. For instance, you can use this technique to memorize formulas, terms and definitions, create practice problems, and more!

6 Study in a tidy location

Stress and anxiety are extremely common to experience before and during finals week. One way to help decrease stress while studying is to study in a clutter-free location! This will also help limit distractions during your study time. You should also avoid working/studying in your bed as this is a resting/relaxation spot of your room.



7 Don't forget about the outside world

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Finally, while you're studying for finals, you will probably find that you have no time or energy to focus on anything else. But be sure to not forget about your other responsibilities (or at least write them down on a to-do list for after finals week!). Be sure to take time for yourself and your friends too! Taking a minute away from the books is good for your mental health.



**BALL STATE
UNIVERSITY**
Learning Center

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**YOU'VE GOT
THIS!**