Everyone Loves Finals (ELF): Elf-Themed Tips and Quotes for Tackling Finals Week

1. **CREATE A STUDY SCHEDULE:** (“First we’ll make snow angels for two hours, then we’ll go ice skating, then we’ll eat a whole roll of Tollhouse Cookie dough as fast as we can, and then we’ll snuggle.”)
   - Plan ahead! Write out a schedule indicating times you plan to study for each of your classes.
   - Make sure to include exam times/locations. You don’t want to be late or miss your exams! ([http://www.uwplatt.edu/registrar/finals-week-schedule](http://www.uwplatt.edu/registrar/finals-week-schedule))
   - Break study sessions into chunks spread out over time and take breaks. Studying a little each day before your exam is more effective than procrastinating and cramming the night before.

2. **PREPARE FOR EACH FINAL:** (“Make work your favorite. That’s your new favorite.”)
   - Check your syllabus for clues as to what will be covered. Determine the following:
     - Is the final exam comprehensive?
     - How much does the exam count toward your final grade?
     - What type of exam is it? (multiple choice, essay, etc.)
     - What grade are you currently getting in the course?
   - Organize and review your class notes.
   - Review previous exams, homework, & quizzes.
   - Make a list of things you think will be on the final.
   - Try different study methods. Create study guides, flashcards & write your own test questions.
   - Study with a friend or form a study group (but make sure to stay on task). Teaching and quizzing others helps with retention. However, some students find they study best alone.
   - Attend study/PAL sessions, if offered.
   - Choose a place to study away from distractions. (no Facebook, gaming, TV, etc.)

3. **SLEEP:** (“Did you sleep okay last night?” “Great! I got a full 40 minutes!”)
   - All-nighters are exhausting! A good night’s sleep will help you stay focused during your exam.
   - Aim for 6-8 hours per night. It’s much easier to recall information when you are well rested.

4. **EAT HEALTHY AND EXERCISE:** (“We elves try to stick to the four main food groups: candy, candy canes, candy corns and syrup.”)
   - A diet full of junk food will not help your energy level. Choose healthy snacks; fuel your brain.
   - Stay hydrated. Moderate caffeine intake.
   - Take breaks! Stretch, go for a walk, breathe. Exercise helps you feel less stressed, more relaxed and better able to focus.

5. **STAY POSITIVE:** (”I’m a Cotton-Headed Ninnymuggins!”)
   - Reward yourself when you complete study sessions and celebrate when finals is over.
   - Negative self-talk increases your stress level. Don’t panic. Stay confident. Laugh. Think encouraging thoughts and surround yourself with positive people.

6. **REMEMBER THE JOURNEY:** (“I traveled through the seven levels of the Candy Cane forest, past the sea of swirl, twirly gum drops, and then I walked through the Lincoln Tunnel.”)
   - Keep everything in perspective. Remember this is only a small part of your college journey!
... “Wait, wait, wait...one more, one more.”

HOW TO STAY ORGANIZED THE DAY OF THE EXAM
• If you have an early exam, make sure to set an alarm or have a friend give you a call so that you wake up on time.
• Dress comfortably.
• Don’t skip meals. Eat a healthy snack before the exam. Hunger is an avoidable distraction!
• Gather supplies you’ll need for the exam like pencils and pens, eraser, calculator, books, and notes, if allowed. Consider packing other useful supplies like tissues or gum/breathe mints.
• Bring water along to stay hydrated.
• If you’re not allowed to have a cell phone, bring a watch so you can keep track of time.
• Take a quick bathroom break before you take your seat.
• Arrive early so you can start your test without feeling rushed. Stretch to relieve tension.

HOW TO STAY FOCUSED DURING THE EXAM
• Take a deep breath. Do your best to remain calm and focused.
• Read all directions carefully.
• Skim through the exam quickly. Determine how you’ll pace your answers.
• Use all time allotted. Don’t worry about others finishing before you.

GOOD LUCK!