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Preparing and Studying for Final Exams

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Preparing and Studying for Final Exams

Student Facilitator: Gracie Gallagher
COR Instructor: Professor Mark Dodds



Why?

I chose my topic because when I was a freshman, I looked up to my upperclassman for advice about final exams. I wanted to give the students some helpful tips, to help them perform their best. Additionally, with the current mental health crisis many young adults are facing, I believe it is important for all students to know what resources they have available to them and ways to help better themselves.

Study Distractions Analysis

Concentration is the number one problem for many students. Frequently the problem is finding space or a place to study where there are no external distractions. External distractions are those, which originate outside the body. Telephone calls, visitors, noises, are examples. Concentration may be difficult when there are too many distractions present. This checklist will help you analyze distractions in the places where you study.

List the three places where you usually study in order of preference:

A. _____ B. _____ C. _____

Now read each sentence below. Indicate true or false, according to the place, by placing a T or F in the spaces provided.

Class Activity

	A	B	C
Other people often interrupt me when I study here.			
I can often hear radio or TV when I study here.			
I can often hear the phone ringing when I study here.			
I think I take too many breaks when I study here.			
I seem to be especially bothered by distractions here.			
I usually don't study here at a regular time each week.			
My breaks tend to be long when I study here.			
I tend to start conversations with people when I study here.			
I spend time on the phone when I should be studying here.			
Temperature conditions are not very good for studying here.			
Chair, table and lighting arrangements are not very good for studying here.			
When I study here, "people watching" often distracts me.			
When I study here, people seem to think they can ask me to stop studying to help them do something.			
I don't enjoy studying here.			
Totals:			

Now total the answers in each column.

The column with the most false answers may be the least distracting place for you to study.

Class Activity

I had the students fill out the sheet with places they typically study. Once they finished that they had to rank them from best to least places to study. After, I some students shared where there “best” place to study was, most said it was the library or their dorm rooms. After this we moved on to other parts of the lesson.



Things Included

Studying Tips: Limit distractions, finding someone to focus and do work, take breaks, study groups

Study Early: “We forget 70% of what we have learned within 24 hours. Going over new ideas a day after class will help increase retention and comprehension” (Dros, 2015).

Office Hours

Organization: Planner, notes, calendar

Practice Test: study group and each person makes one, everyone takes, teach each other material

Resources: The Writing Center, The Learning Center, Professional Tutoring, Peer Tutoring, Night Owl





Wellness Wheel Aspect



Social: working with others, still making time to socialize

Physical: making time for fitness and fueling your body- brain foods: coffee, tea, dark chocolate, berries, pumpkin seeds, eggs

Spiritual: going for walks, connect with nature, practicing yoga

“Exercise increases blood flow to the brain which can improve your energy and comprehension. A yoga session or quick walk can also help with concentration and focus” (Oxford Learning).



Reflections

Planning this lesson was not too challenging, I enjoyed this lesson because the information was interesting and also could help me. I made sure to touch on all the resources the school has to offer and where to find them. I also mentioned the final exam schedule and how to find it for students. This then brought up the wellness wheel, and the importance of physical well-being of the students leading up to exams. I think the information was helpful to the students because some of them claimed they did not know some of this information.



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