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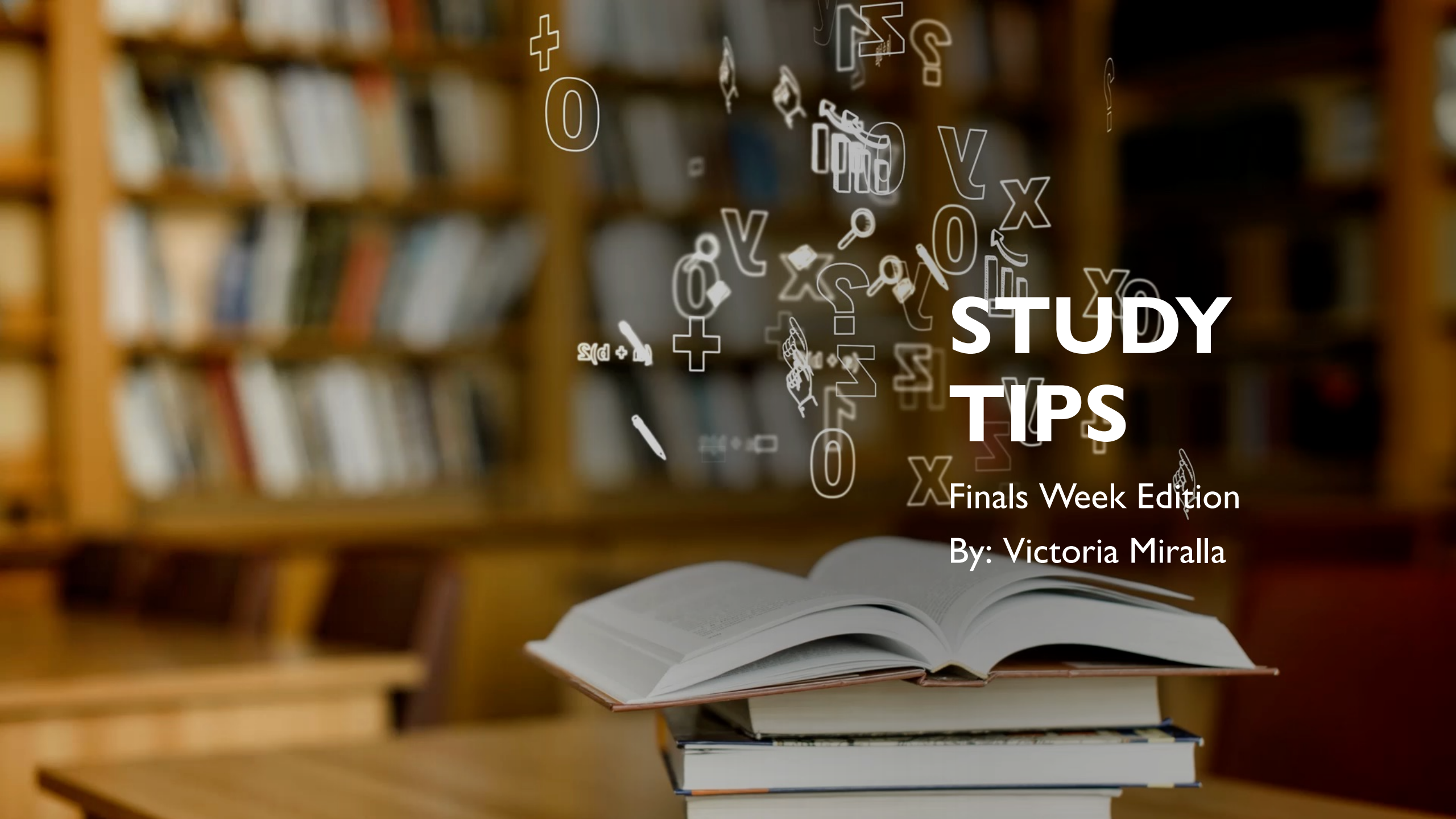
Study Tips: Finals Week Edition

Victoria Miralla

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STUDY TIPS

Finals Week Edition

By: Victoria Miralla

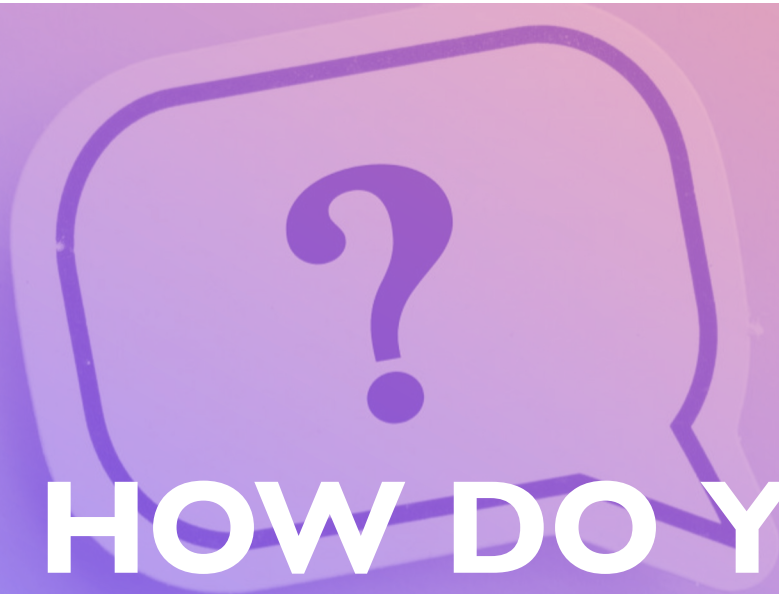
What my presentation was/about.

- The title “Study Tips: Finals Week Edition” , was for the students in my COR 101 to have a better idea on how to prepare for the final week of classes.
- With these slides I have been able to guide the students into learning how to be the most successful during there first college Finals Week.

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**HOW DO YOU FEEL ABOUT
THE SEMESTER COMING TO
AN END SOON?**

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WHAT CLASS/CLASSES ARE YOU MOST NERVOUS ABOUT, TO TAKE A FINAL EXAM FOR?

Questions to that were asked

- HOW DO YOU FEEL ABOUT THE SEMESTER COMING TO AN END SOON?
 - WHAT CLASS/CLASSES ARE YOU MOST NERVOUS ABOUT, TO TAKE A FINAL EXAM FOR?
 - WHAT OTHER TRICKS OR TIPS DO YOU HAVE FOR YOUR FELLOW CLASSMATES?
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- These Questions were asked to have an open discussion about how the class feels in terms of there first finals week.
 - The last questions was asked at the end after the presentation was near the end, to have a closed discussion about what they have learned from the presentation.

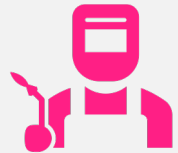
Finals Week



Finals week is quickly approaching, which means that its better to prepare now then later.

Final grades can either be for projects, papers or exams, either here are some tricks and tips on how to be successful for Finals Week

What should you start doing now?



You should start preparing for the exam, project or paper as soon as possible. Make sure you are on top of the material and understanding what you have learned thus far.



Make sure to start reviewing the material you just learned that day, it'll help you start to remember information from that class period.

Studies have said “What that means, among other things, is that we have to be an active participant in the learning process—by interpreting, connecting, interrelating, and elaborating, not simply recording.” ([Bjork R. A., Dunlosky J., Kornell N. \(2013\)](#)).

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Things you can do to help you study



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Go to office hours

2

Study with friends

3

Don't stay on one subject for too long while studying

4

Change location of studying

5

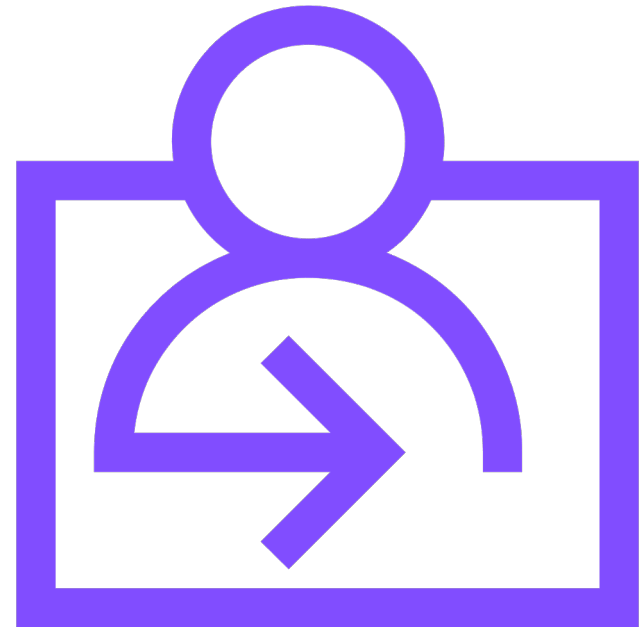
Attend Review sessions

6

Do not stress yourself out!

Tips

- These tips are for the students to have a better idea on what to do in advance to help them prepare to study.
- While speaking upon this topic, it helped the students understand that its better to prepare now and push for a great ending.
- Many of the students liked these examples because it helped them feel better and calmer for the next couple of weeks



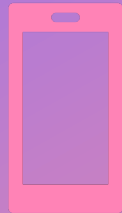
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Fun ways to study



Turn the material you are learning into a game



Use an apps to help, (quizlet)



Create rewards for you after you have studied enough of a topic, or has quizzed themselves and did a good job



Draw the material you are learning

What should you do right before your final exam?



Physical preparation

Have a sleep schedule prior so the day to the exam, you are well rested



Emotional preparation

Know your material
Practice relaxing prior, so you aren't stressing out the night before



DON'T CRAM

Test your understanding of the information, but don't over do it

The Psychologists Perspective



Many people have said that there aren't any studies from professionals about studying, but that is false!



“Psychologists now better understand which study strategies are effective and which are not. For example, research has shown that students learn more when their studying is spaced apart in time rather than crammed into one long session”
(Carpenter, Cepeda, Rohrer, Kang, & Pashler, 2012)



By cramming the night before can hurt you by making you tired the following day, make sure to try and understand the material prior and do the best you can!

Perspectives

This slide allows those who are studying to understand that it's not just something that is said by rumors, there has been research by professionals.

This allows them to understand fully that these lessons aren't from one didn't perspective but from multiple.



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- Use the facilities or offices that are available for your use
- The library is one of the best places to study on campus
- Set up office hours with your professor
- Take breaks wherever you are studying, and even eat some food nearby to help you stay focused

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- These were tips for the students to know that there are resources for them to use while on campus
- There are many facility's or offices that are around and of use for all the students to use.

**WHAT OTHER TRICKS OR
TIPS DO YOU HAVE FOR
YOUR FELLOW CLASSMATES?**

QUESTIONS?





Final thoughts

- This presentation was exciting to give to the classroom because it allowed me to share things that help me do well on my exams
- I hope this has help many students, so that they can be successfull and do a great job there first semester!

Citations

- [Carpenter S. K., Cepeda N. J., Rohrer D., Kang S. H. K., Pashler H. \(2012\).](#) Using spacing to enhance diverse forms of learning: Review of recent research and implications for instruction. *Educational Psychology Review*, 24, 369–378.
- [Bjork R. A., Dunlosky J., Kornell N. \(2013\).](#) Self-regulated learning: Beliefs, techniques, and illusions. *Annual Review of Psychology*, 64, 417–444.