

Final Exam Schedule

[illegible]

THE PURPOSE

Final exams can be stressful. You will probably have more than 4 exams and most of them will assume you remember EVERYTHING from the entire semester - that's a lot of stuff. So the best way to avoid stress is to have a plan. This guide will help you create a study plan, and rather than stress, you just follow your plan. Have fun, and good luck.

HOW TO USE THIS GUIDE

1. Fill in the Final Exam Week Block with your classes (the light blue block). For example, if you have the History final exam on Monday at 8:30 am, then this is your "A" class. And you should fill it in the A slot throughout the week.
2. Where two classes are listed with an OR such as "E or F", you should study one or

the other, and choose the most difficult class.

3. Where two classes are listed with an AND such as "E and F", this is considered a review session before ending the night, so take 30-40 minutes to review each class, since you studied both in detail earlier in the day.
4. Where you have no final exam, fill the study slots with your harder courses.
5. The I and J study slots are only used later in the final exam week, because students will not have 10 exams.

DISCUSSION

- Nutrition: Have a good breakfast, and bring quality snacks to energize yourself between exams.

- Sleep: The study guide ends at 10pm; students may opt to continue studying, but are advised to take a shower and try to be in bed by 11pm. Never undervalue the importance of remaining restful throughout final exams. Staying up late to study for an exam the next day may have some small benefit, but it will take your bodies days to recover, so you'll reduce the quality of study sessions for days afterwards.
- Study blocks are 2 hours long. Although 2 hours are allocated you should expect to study between 1 hour and 15 to 1 hour and 30 minutes. The additional time allows for a small break or just time to relax between study blocks.
- Final Week of Class: Ensure all homework is done by Tuesday of this week, so you can begin focusing on final exam preparation as soon as possible.
- Weekend Break: Schedule a 3-4 hour break, which might account for attending church and perhaps going to the movies.
- If you are involved in any extracurricular activities (such as afterschool sports or clubs), you should not participate the week leading up to final exams