



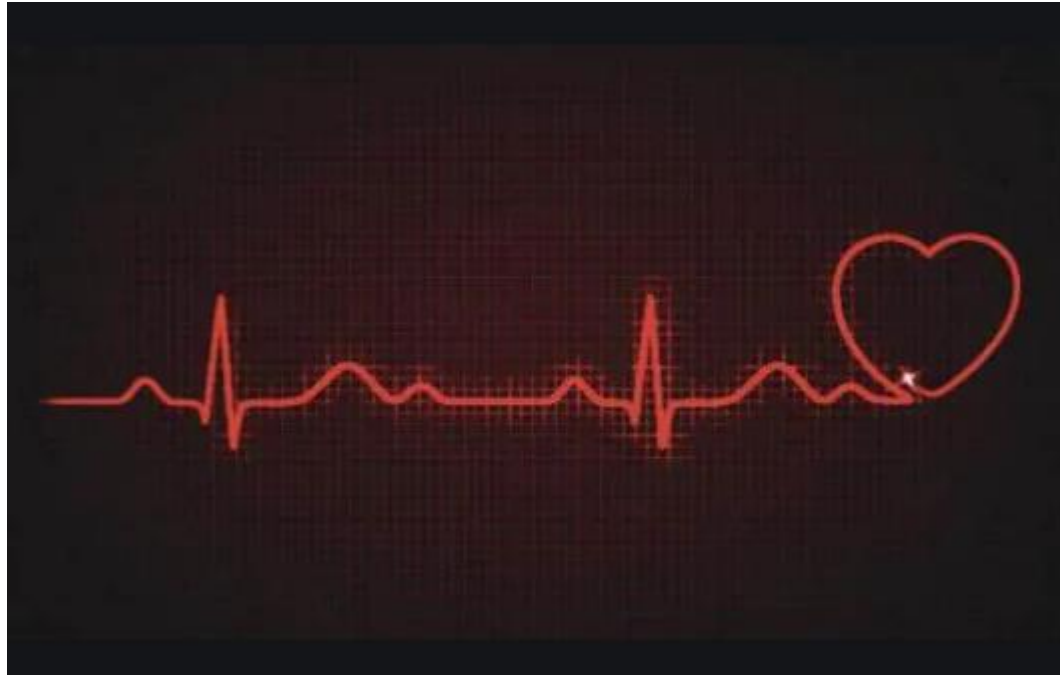
الكلية الأسترالية في الكويت  
Australian College of Kuwait

# Final Exam Preparation

Teaching and Learning  
Center


3<sup>rd</sup> February, 2021

**How do you feel about final exams?**



# Introduction

- Final exams might be one of the biggest academic challenges that may cause stress and anxiety.
- It assesses your knowledge of the entire semester.
- Following effective study tips can reduce stress and increase your grade.



“There are no secrets to success. It is the result of preparation, hard work and learning from failure.”

General Colin Powell





# **Final Exam Preparation Tips**

**USELESS**



**OK**



**GOOD**



## ONLINE EXAMS DO'S AND DON'TS

### DO'S



Check your computer a few days prior to the exam



Practice good time management



Notify your faculty in case of technical problems

### DON'TS



Use your cellphone to take the exam




Exceed the 2 hours time limit



Rush into submitting your exam before rechecking your work

# Begin Early

- Starting late is stressful and ineffective.
  - Study for your final exams at least a month prior so that you don't rush to cram all the material.
  - Research shows that breaking up your study sessions into smaller chunks over time enhances performance.
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- The bottom of the slide features a decorative graphic consisting of two overlapping wavy lines. The upper line is orange and the lower line is a darker blue, creating a stylized wave effect that spans the width of the slide.



# Review and Study Strategies

1

Repetition and review is key.


2

Utilize notes, textbooks and homework as study tools.

3

Avoid simple memorization and focus on understanding.

# Plan

- Avoid procrastination.
  - Creating a study schedule helps you to plan your studies so you can use your time efficiently.
  - Be specific and organized, outlining when and how you will review your subjects.
  - The best strategy is to break up your studies into shorter, focused sessions with regular breaks to resist distractions and focus better.
- 

# Example

## Finals To-Do List

SUNDAY 12/8	MONDAY 12/9	TUESDAY 12/10	WEDNESDAY 12/11	THURSDAY 12/12	FRIDAY 12/13
What is due today?	What is due today?	What is due today?	What is due today?	What is due today?	What is due today? JLMC 100 Points spanish exam project
To Do #1: Study chapters 7+8 of JLMC 101	To Do #1: Study chapters 5+6 of FSHN	To Do #1: Review chapters 7-10 for JLMC 101	To Do #1: Study chapters 7+8 for JLMC 101	To Do #1: Study chapter 7 of FSHN	To Do #1: Review chapters 7-10 for JLMC 101
Time Est: 40 min	Time Est: 40 min	Time Est: 60 min	Time Est: 40 min	Time Est: 30	Time Est: 40
To Do #2: Study Chapter 8 for PR	To Do #2: Study Chapters 9 + 10 of JLMC 101 + review chapters 7 + 8 of JLMC 101	To Do #2: Review chapters 8 + 9 for PR	To Do #2: Study chapter 10 for PR	To Do #2: Study chapter 11 of PR	To Do #2: Review chapters 8-11 for PR
Time Est: 30 min	Time Est: 60 min	Time Est: 30 min	Time Est: 30 min	Time Est: 30	Time Est: 40
To Do #3: Write 3 paragraphs for Spanish	To Do #3: Study Chapter 9 for PR + Review Chapter 8 for PR	To Do #3: Review chapters 5 + 6 for FSHN	To Do #3: Study chapter 9 for FSHN	To Do #3: Study chapters 9 + 10 for JLMC 101	To Do #3: Review chapters 5-7 of FSHN
Time Est: 45 min-60 min	Time Est: 45 min	Time Est: 30 min	Time Est: 30	Time Est: 40	Time Est: 40
To Do #4:	To Do #4: write 3 paragraphs for Spanish	To Do #4: write 2 paragraphs for Spanish	To Do #4:	To Do #4:	To Do #4:
Time Est:	Time Est: 45 min-60 min	Time Est: 30 min	Time Est:	Time Est:	Time Est:

# Example

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
7:00 AM	WAKE UP		WAKE UP		WAKE UP		
8:00 AM	BIOL 211		BIOL 211		BIOL 211	WAKE UP	WAKE UP
9:00 AM	GYM	WAKE UP	GYM	WAKE UP	GYM	WORK	STUDY MATH 105
10:00 AM	FREE	YOGA	FREE	YOGA	FREE		BIOL 211
11:00 AM	MATH 105	LUNCH	MATH 105	LUNCH	MATH 105		FREE
12:00 PM	ENGL 150	FREE	ENGL 150	FREE	ENGL 150		
1:00 PM	LUNCH	SPAN 97	LUNCH	SPAN 97	LUNCH	LUNCH	LUNCH
2:00 PM	STUDY BIOL 211		STUDY ENGL 150		STUDY BIOL 211	STUDY ENGL 150	WORK
3:00 PM	MATH 105	STUDY SPAN 97		STUDY SPAN 97			
4:00 PM	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	
5:00 PM	STUDY BIOL 211	STUDY SPAN 97	STUDY BIOL 211	STUDY SPAN 97	STUDY MATH 105	STUDY MATH 105	
6:00 PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
7:00 PM	FREE	FREE	FREE	FREE	FREE	FREE	DINNER
8:00 PM		STUDY BIOL 211		STUDY MATH 105	STUDY MATH 105	STUDY BIOL 211	STUDY SPAN 97
9:00 PM	STUDY MATH 105		STUDY SPAN 97		SPAN 97		FREE
10:00 PM	FREE	FREE	FREE	FREE	FREE	FREE	
11:00 PM	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP
To-Do List →	• Biol 211 - Unit 1 • Math 105 - Unit 1	• Span 97 - Unit 1/2 • Biol 211 - Unit 1/2	• English Essay pages 1 & 2 • Biol 211 - Unit 2	• Span 97 - Unit 3/4 • Math 105 - Unit 2/3	• Biol 211 - Unit 3/4 • Math 105 - Unit 3/4 • Span 97 - Unit 4	• English Essay pages 3 & 4 • Math Review • Bio Review	• Math Review • Bio Review • Span Review

# Use Study Apps


- Take advantage of study apps.
- It helps to optimize your study and inject an added element of fun to keep you motivated.
- Create flashcards, maps, elements, graphic calculators.
- Examples: GoCongr, Quizlet, Evernote





**Say Yes To Good Food And  
Exercise**

# Time Management

- Cramming causes anxiety and lowers your ability to retain information.
  - Create a balanced study plan and schedule.
  - You will be able to study each subject in its entirety and ultimately boost your test performance.
- 

# Pomodoro Technique



Select a task  
you want to  
complete



Set timer to an  
amount of time  
(20-30 minutes)



Work until  
timer rings




Take a short  
5-10 minute  
break



Repeat



# Make It Fun

- Go to study group sessions.
  - Play games, take quizzes with friends and create acronyms.
  - After an hour of study or for a correct answer, reward yourself (favorite chocolate, cup of coffee).
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- A decorative graphic at the bottom of the slide consisting of two overlapping wavy lines. The top line is orange and the bottom line is a darker blue, creating a stylized wave effect.



**Learn the Concept  
Do Not Memorize**


# Memorize Below Letters

Y-T-R-H-A-U-S-P-D-P-A-Y-H

# Memorize Below Letters (Get the Concept)

H-A-P-P-Y-T-H-U-R-S-D-A-Y

# Create Sample Test Questions

- Develop and answer questions that might realistically be found on your exams.
  - Forces you to boil down weeks of learning into few basic takeaways.
  - You will determine your main gaps.
  - Going for clear indication and closer review.
- 



# **Elon Musk's 2 Rules For Learning Anything Faster**

<https://www.youtube.com/watch?v=xLkC-ODKQSc>





# **Final Exam Preparation Timeline**

- Review previous exams and analyze mistakes.
- Make a list of topics that will be covered in the exam.
- Organize your notes by topic.
- Gather study material.
- Plan study time.

- Quiz yourself.
- Use visual aids.
- Study in small chunks.

**14 Days before the exam**

**8 Days before the exam**

**6 Days before the exam**

- Finalize study guides.
- Review notes.
- Solve practice problems.
- Write down your questions to discuss in office hours or class.



- Take practice test with same time and material; simulate real test conditions.
- Correct and understand your mistakes.
- Work in a quiet place with no distractions and time yourself.

- Sleep enough before the exam.
- Stop studying (re-read summaries and general information but don't start new concepts).
- During exam: read questions thoroughly, use your time wisely, do not leave questions unanswered

**4 Days before the exam**

**2 Days before the exam**

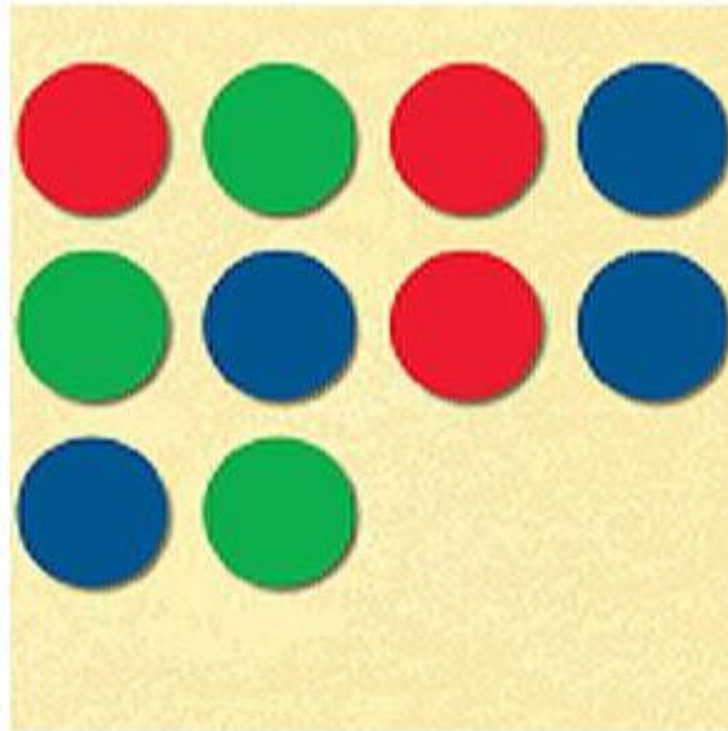
**EXAM DAY**

- Continue to review your study material.
- Practice challenging questions.
- Target your weakest areas, don't waste time on things you already know.



**Let's Play:  
Test Your Concentration**

Say the colors aloud as rapidly as possible



Read the following words aloud-quickly!

**Blue Red Green Red**  
**Green Blue Red Blue**  
**Red Green Blue Green**  
**Red Red Blue**

Say aloud what color the following words are  
and  
NOT the actual word

Red Green Blue Green  
Green Blue Red Blue  
Green Red Blue Red  
Green Blue Blue

# The Results

- You probably found the last exercise particularly difficult. This is because it brings together two contradictory kinds of information: one from **reading the words** and the other from **recognizing the colors**.
- The left side of the brain processes the first piece of information, while the latter is processed by the right side of the brain. **Reading can happen automatically.**

Best of Luck!  
Thank You

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