

TEACHING TIPS OF THE MONTH FROM THE MC COMMUNITY

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Theme: Final Exam Prep Strategies to Share with Students

Tip 1: Use Proven Study Strategies

- Quiz yourself on words or concepts using flash cards (paper or digital, such as [Quizlet](#)).
- Review old tests to identify the format of test questions and adjust your study strategies for the different types of questions.
- Use mnemonic devices (memory clues such as patterns, acronyms or word association) to help you remember terms or concepts.
- Make a drawing or sketch to illustrate a complex concept and review it for the exam.



Tip 2: Practice Time Management

- Make a study plan detailing how much time you will spend preparing for each exam and when you will study.
- Identify what time of day you are most alert and energized and plan most studying during that time.
- Pace yourself by reviewing your notes and materials daily, instead of cramming the night before the test.

Tip 3: Make Studying Interpersonal

- With a partner, write test questions and quiz each other.

- Form a virtual or in-person study group to exchange study techniques and hold one another accountable.
- Review concepts aloud by teaching them to someone else.
- Meet with a tutor, a coach or your instructor to ask questions and clarify any confusing concepts.

Tip 4: Take Care of Yourself and Your Health

- Get plenty of rest the night before an exam.
- During long study periods, take breaks at intervals to clear your mind and reward yourself with short, fun activities (such as taking a walk or chatting with a friend).
- Play calming music, practice breathing techniques and/or stretch to keep you calm and less anxious.
- Don't forget to eat balanced meals and drink plenty of water.

For more information about these tips and others, check out these resources and share with your students:

- [10 Ways to Prepare for Your Final Exam](#)
- [20 Study Strategies for Finals Week](#)
- [25 Crucial Study Tips for Finals Week](#)

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