

NUB Student Guide

Second follow-up session: Final Exams

Are you ready for finals?

--Do you know when your exams are scheduled? Check the final exam schedule: <http://www.niagara.edu/exam-schedule/> Be sure to note if you have any common final exams, and make arrangements with bosses or co-workers as needed to ensure that you have ample time to study and to arrive at your exams on time.

--Do you know where you stand in each of your classes going into the final exam? Use the purple NUB gradesheet you filled out for the NUB syllabus assignment and your course syllabi to calculate your grades.

--Want to get a sense of where you stand overall at the end of your first semester? Check out the GPA calculator from the Office of Academic Support on the NUB website: <http://sites.niagara.edu/nub> It also includes a class progress worksheet, which you can use to figure out your grades in individual classes.

--Are you feeling overwhelmed and stressed? Keep an eye out for stress-relieving activities scheduled for exam week, or contact Counseling Services: <http://www.niagara.edu/counseling/> The Office of Academic Support has some on-line resources for coping with exam stress: <https://www.niagara.edu/general-study-skills/>

Take time to map out your final exam study schedule!

Cramming for exams is less effective and increases stress.

Avoid all nighters by planning your final exam study schedule in advance, using the attached calendar.

--Mark dates and times of final exams and any final projects. Note that some General Education classes have common final exam times.

--Add any other commitments you have during the final exam period (work, athletics, student activities)

--Divide the remaining time into study blocks. Count back at least five days from each exam, and plan to begin studying at that point. Your studying will be more effective if you do a little bit at a time.

--Break the material you need to study up to fit these study blocks

--Use the attached Office of Academic Support "Studying for Final Exams" handout to develop effective studying techniques.

Remember: Finals are usually longer than regular exams.

Each final exam period is scheduled for an hour and 50 minutes. Make sure you are prepared!

--eat a good breakfast

--get enough sleep

Final exam supplies for your backpack:

--extra pens and #2 pencils

--tissues and cough drops if you are fighting a cold

--a bottle of water

--a watch to keep track of time without checking your phone

Want more ideas on how to map out a five-day study plan and most effectively use the attached calendar? Visit this Cornell University website:

http://lsc.cornell.edu/Sidebars/Study_Skills_Resources/FiveDayStudyPlan.pdf

Have more questions about how to study and prepare for finals? Check out the other handouts on the NU Office of Academic Support website: <https://www.niagara.edu/general-study-skills/>