

FINAL EXAMS

TUESDAY 6/17: PERIODS 1,2,3

WEDNESDAY 6/18: PERIODS 4,5,6

THURSDAY 6/19: MAKEUPS

STUDY TIPS

TO HELP YOU ACE YOUR TEST

YOU GOT THIS!

1 CREATE A SCHEDULE

Establish a study schedule to stay organized and manage time effectively. Stick to specific study times consistently.

2 FIND A QUIET STUDY PLACE

Find a study spot that works for you, whether it's a quiet corner in the library or a cozy coffee shop. Experiment with different locations and find what works best for you.

3 TAKE BREAKS

Taking breaks is essential for maintaining focus and avoiding burnout. Schedule short breaks between study sessions to recharge your batteries and avoid mental fatigue.

4 GET ENOUGH SLEEP

Aim for 7-9 hours of sleep each night and prioritize your sleep schedule to ensure you're well-rested and alert during your study sessions.

5 MANAGE STRESS

Practice stress-management techniques such as exercise, deep breathing, or meditation to help you stay calm and focused during challenging times.

6 COLOR CODE

Color code your notes/outline. If you do not already have an outline, create one using your textbook. Outlines should be divided into main ideas and topics.

7 CREATE FLASHCARDS

Flashcards are based on main ideas and vocabulary words. You can find these main ideas and vocabulary words in your notes/outlines or textbook.

8 HAVE A SNACK

Food will keep you focused and energized while you are studying or doing homework.

9 AVOID ALL DISTRACTIONS

Turn off or hide your phone. No TV, Netflix, Youtube, or social media.