

Stories Beneath the Shell



FEATURES

Tips to be successful during finals week: Upperclassmen give freshmen advice

by Natalie Davis

Properly studying for finals doesn't come easily to most freshmen — so upperclassmen at University of Maryland are good resources for advice on how best to study.

Benjamin Boan, a junior kinesiology major, recommends looking over past class tests and study guides to get a sense of what information needs to be studied more.

"Be sure to utilize GSS [guided study sessions] if your classes have it and don't be afraid to ask for help," Boan said.

Guided study sessions are usually organized by TAs and could have students meeting regularly to study together, especially before finals week in preparation for the exams, he said.

Boan said he spends his time hanging out with his friends when he needs stress relief from studying.

Junior public policy major Emily Dimond said she relieves stress by listening to music, reading and journaling.

"I'd say to make sure you block out time for sleep and taking care of yourself, those things are just as important for getting good grades as cramming information," Dimond said.

When students are studying, they should attend their TA's and professor's office hours — students can get a lot of good information that way, she said.

"Making flash cards always helps, I like to try and do mine by hand because that helps me to retain information," Dimond said.

Anshuman Saini, a junior information sciences major, said it's important to remove distractions, such as cell phones, when trying to study.

He charges his phone in a corner, far away from his work space to maintain his focus, Saini said. Students shouldn't skip out on classes because they seem easy, he said.

"You might miss out on important test hints or other things that are only discussed in class," Saini said.

Senior computer science major Michael Kelley suggested students study in brief intervals for multiple sessions rather than trying to do all of the studying in one sitting.

"Sleep well the night before a final and shower before taking the test. Both will help you focus," Kelley said.

Sam Silverstone, a junior statistics major, said he recommends learning time management skills and taking advantage of reading day as a big study day before finals week.

"Take finals week as a learning experience regardless of what happens," Silverstone said. "Most freshmen will have seven more finals weeks after this one so locking in a plan now will serve them well."

Featured image: Students give the Testudo in front of McKeldin library offerings as finals season dawns on them. Photo by Joel Lev-Tov.



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