

LACD Interns

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Study Tips for Finals Week

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While most of you have probably started studying for finals already, some of you may be struggling with finding the best way to study or are just feeling overwhelmed by it all.

Here are a few tips to help ease and improve your studying:

1. Plan it out. If you haven't already, look at your exam schedule and write down the order in which your finals will be happening. Plan out enough time each day for every one of your finals. Maybe spend more time on your first or hardest final; but make sure you spend enough time on *all* of them and don't get caught up focusing all of your attention on what you think will be your hardest one.

2. Break it up. The spacing effect proves that spacing out study periods provides better long-term retention than cramming study time together. Study for 30 minutes then give yourself a 10 minute break so your brain has time to retain the information and refocus. Take time to eat healthy, exercise, or rest during these breaks to keep your mind and body healthy and in the best condition to study and take exams.

3. Self-test. Purdue Associate Professor in Psychology Thomas Redick says that "research on retrieval practice has shown that testing one's memory of previously learned material is more effective than simply re-studying it." Use note cards to quiz yourself and take practice exams without notes to test your memory and improve your chances of recalling that information when it's time for the exam.

4. Find the right place. Everyone has a different idea of the "perfect study atmosphere". Some people like to stay in their rooms, others like to go to libraries, and still others prefer to be somewhere like the Union. Try out different locations to see what works best for you. Listen to music or try studying without. Mixing things up is not only a good way to see what is the best option for you, but it also adds variety to the ho-hum task of studying.

5. Reward yourself. This goes along with taking breaks. Set goals for yourself that if you study for "x" amount of time or if you get through "x" number of chapters, you'll _____ --whether that's get a Den pop with some friends, watch a Christmas movie, or just get some sleep. Be sure you stick to that commitment though! Don't reward yourself unless you've *actually* done what you said you would do. If you give yourself something to look forward to, it'll force you to do the studying you need to do.

Be sure to check out [this month's newsletter](#) for more finals week tips and information!