

Maroon Tiger

Final Exam Study Tips

Preparation = Confidence = Success!

➤ PLAN AHEAD

- Make a study schedule & stick to it
- Break topics into smaller chunks
- Start with the hardest subjects

➤ STUDY SMART

- Review notes & highlight key ideas
- Use flashcards, practice tests, or quizzes
- Teach the material to a friend

➤ MANAGE YOUR TIME

- Study in 25–30 minute sessions + short breaks
- Limit distractions (phone, TV, social media)
- Use a timer to stay on track

➤ TAKE CARE OF YOURSELF

- Sleep 7–8 hours before exams
- Eat healthy brain foods (fruit, nuts, protein, water)
- Move your body—stretch, walk, or exercise

➤ EXAM DAY TIPS

- Arrive early & bring all supplies
- Read directions carefully
- Skip tough questions—come back later
- Breathe, focus, and stay confident!

