



## NAVIGATING YOUR SOPHOMORE YEAR: STUDYING FOR FINALS

### Center for Academic Success

We can help you by offering individual academic coaching appointments to discuss the following topics:

- Time management, both a semester overview and a weekly overview
- Planning an effective study session
- Note-taking
- Textbook reading
- Test preparation
- Test taking strategies
- Curbing test anxiety

### Tutoring Announcements

- Last day to for tutoring and the Writing Center is Friday, December 2, 2016!
- We have an adjusted schedule this week with more drop-in hours and group reviews!
- Subject Tutor Areas include Math, Statistics, Chemistry, Biology, Economics, Physics, Accounting, and Spanish
- McMurrin Study Space: Wednesday, December 7. More details coming soon!

### Preparing for Finals—A 2-Week Timeline

Finals are quickly approaching! What can you do now to help you better prepare for your finals?

2 Weeks before Finals:

- Create Test Prep Checklists for each class: What type of exam is it? What materials will you need when you study? Will your professor hold a review session? What topics will you need to cover? How comfortable am I with those topics?
- Make a Final Exam Study Plan: How many study sessions will you have? What are the dates/times of each of your study sessions? What concepts or topics will you cover in each of your

study session? What activities will use to help you learn the material?

- Create a visual map of how your class has been organized and how the topics fit together

1 Week before Finals:

- Give yourself practice tests
- Anticipate the types of questions your professor will ask and answer these questions
- Work with a study group
- Practice self-care: Don't scrimp on sleep, exercise, or eating well. It's easy to let bad habits creep in during Finals Week, but you'll feel better if

you're getting enough sleep and following your normal gym routine.

Day of the Exam:

- Be rested
- Set your alarm
- Gather all of your materials
- Arrive to your testing location early
- Bring extra supplies (pens, pencils, Blue Book, Scantron)
- Avoid negative people
- Talk positively to yourself.

### No study guide? No problem!

Don't worry if your professor doesn't provide you with a study guide. Create your own using these simple tips:

- 1) Gather all of your notes, supplemental readings, PowerPoints, textbook (s), and course syllabus together

- 2) Use your syllabus to create a visual map of how your professor has organized your semester. For a cumulative final, you'll use the entire syllabus. What organization can you see? What relationships are there between concepts? How do readings and/or pro-

jects fit into the class.

- 3) Start to generate questions based on your map!
- 4) Note which topics you're not as comfortable with, you might spend more time on these.

Christopher Newport Hall, Suite 124

Hours:  
Monday–Friday  
9 a.m.–12 p.m., 1 p.m.–5 p.m.

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### Upcoming Themes for Navigating Your Sophomore Year:

- Check back in January 2017 for the themes for Spring 2017

Questions about your sophomore experience: Contact  
Brittany Grubb at [Brittany.grubb@cnu.edu](mailto:Brittany.grubb@cnu.edu)

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## Creating Effective Study Groups

Some of you may be interested in forming a study group to help you study for finals. If you follow these tips, you can make sure you're creating a group that will help you meet your goals.



- 1) Groups should be 3-4 COMMITTED people
- 2) Groups should meet at least once a week
- 3) Choose a group leader or rotate who the group leader is to keep your group focused and on track
- 4) Come to a consensus on what you want the group to cover at each session
- 5) Don't focus on just application problems. Use one another to understand concepts and the relationship between concepts
- 6) Every one needs to do their own work. Remember the CNU Honor Code.
- 7) Use part of your session to ask questions on topics, terms, or problems that confuse you.
- 8) Find problems from a variety of sources: Internet, supplemental textbook, professor, additional problems in your textbook
- 9) Come to each group study session having reviewed the material you were supposed to. You don't want to hold the group back from accomplishing what you all wanted to do