

Ten Commandments for Surviving Finals

Created by Rachel Nelson, housing faculty-in-residence

I. Thou Shall Use the UF Teaching Center's "Study Skills" Website!!!

www.teachingcenter.ufl.edu (then select study skills)

- a. Sign-up for Study Skills workshops.
- b. Watch videos on how to improve your studying/test-taking habits.
- c. Find a list of places to study on campus and so much more!

II. Thou Shall Get a Good Night's Sleep!

www.gatorwell.ufsa.ufl.edu (click "health topics" then "sleep")

Did you know your reaction time is impacted when you do not get enough sleep? That cramming the night before an exam actually DOES NOT help you? Use Gatorwell's "Sleep" website to help you figure out how to get a good night's rest.

III. Thou Shall Use the UF Writing Studio!

www.writing.ufl.edu (click "Writing Studio" then "Schedule an Appointment")

- a. If you have a paper due at the end of the semester use a one-on-one tutoring session to help you at any step in your writing process. It does not have to be for a finished product only!

IV. Thou Shall Figure Out how to Minimize your Anxiety Levels!

www.gatorwell.ufsa.ufl.edu (click "health topics" then "stress")

- a. Everyone feels stress during finals week but that does not mean it should take over your life. Figure out the triggers for your anxiety and then how to manage your individual stress (everyone is different). Gatorwell's "Stress" website can help you!

V. Thou Shall Arrive to your Exam 15-20 Minutes Early

- a. You need time to settle into your surroundings so make sure you give yourself time to find a seat that is comfortable, get all your materials ready, & just take a moment to relax before your exam.

VI. Thou Shall Make a "Finals Week" Schedule

- a. Because finals are offered at different times and in different locations, it can be hard to keep track of all the changes. Set yourself up for success by mapping out due dates, exam times, and locations ahead of time.

VII. Thou Shall Stay Focused on You

- a. It is easy to get distracted by your friends and their anxieties, successes, etc. but stay focused on YOU! Do not worry if other students may "seem" like they understand material faster or better, go at your own pace, and do not be discouraged.

VIII. Thou Shall Talk to your Professor/TA!

- a. Even if you have not gone to office hours all semester, it is not too late to get help from the person who can help you the most: your teacher! They are people too and most professors will go out of their way to get to know you and help you because they want you to succeed! You just have to take the first step!

IX. Thou Shall Not Procrastinate! (no, really...don't do it)

X. Thou Shall Be Realistic About your Grades

- a. Assess where you are realistically in each class and maximize your efforts to achieve the best possible outcome.