

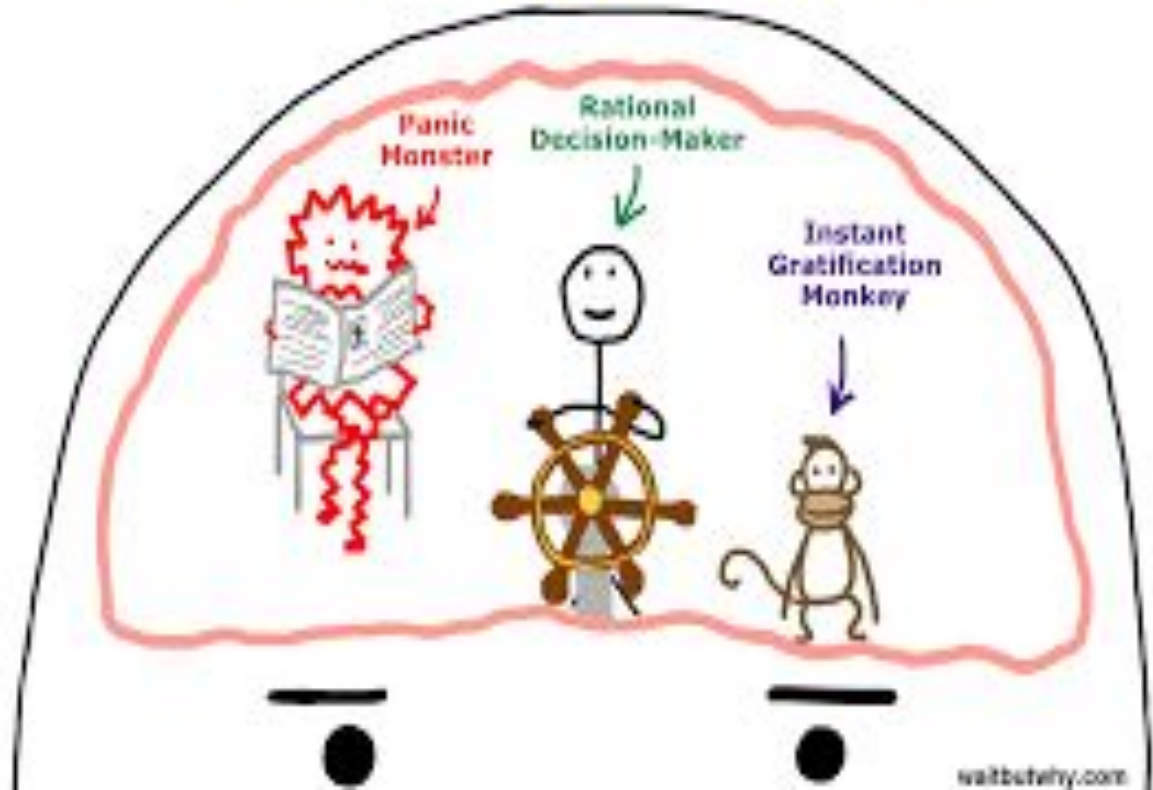
# Preparing for Finals in a Virtual World

Junior class 2022

# TODAY...

- Exam Prep Info
- Use the rest of the time to work on getting yourself focused and organized for the final weeks of the semester

## My Brain in High School



# PUT FIRST THINGS FIRST

Made up of two parts

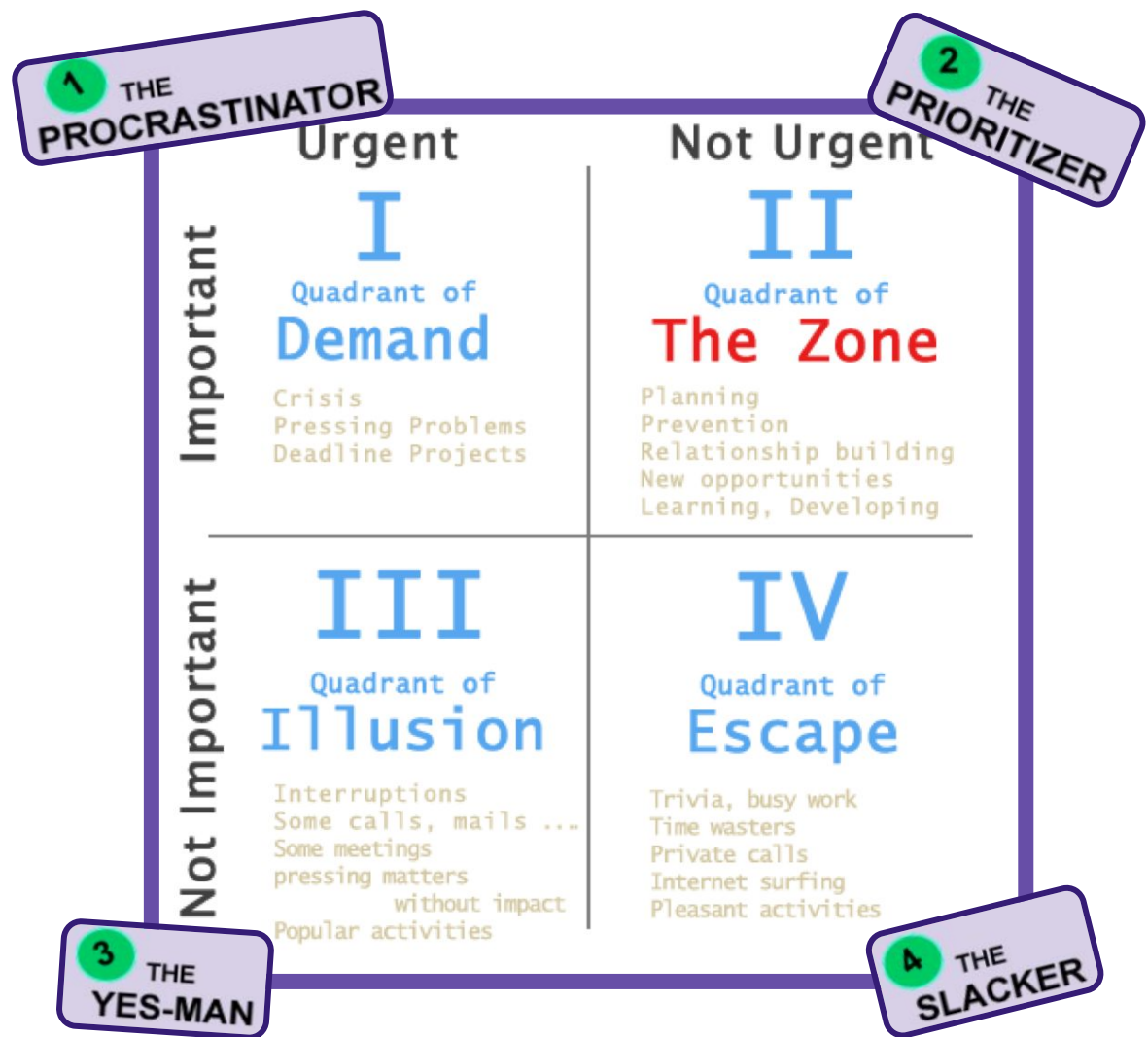
- ◉ Learning to prioritize and manage your time



- ◉ Learning to overcome fear and peer pressure



# The TIME QUADRANTS



# 1st quarter: Final EXAM SCHEDULE

Thursday, October 29th-1st 10-11:30am

LUNCH: 11:30-noon

3rd 12-1:30m

Friday, October 30 - 1st 10-11:30am

LUNCH: 11:30-noon

2nd 12-1:30pm



WEEKLY PLANNER

**HOW TO  
BALANCE  
YOUR LIFE!**

# The BASICS

- Be sure you have organized your materials **BEFORE** it's time to study for exams.
  - My folder and notebooks for class include **ONLY** papers for that class and what I will need for exam prep.
  - I understand what the exam will cover.  
*(further explained on the next slide...)*

## Finals Planning Sheet

Block	Course/Teacher and GOAL	Scope of Final	Types of Questions	Review
1st   	Course: Teacher:  GOAL:	<input type="checkbox"/> cumulative <input type="checkbox"/> unit <input type="checkbox"/> other _____  <input type="checkbox"/> full 2 hours? percent of semester grade _____ or total points _____	<input type="checkbox"/> multiple choice # _____ <input type="checkbox"/> true / false # _____ <input type="checkbox"/> matching # _____ <input type="checkbox"/> short answer # _____ <input type="checkbox"/> essay # _____ <input type="checkbox"/> other _____	<input type="checkbox"/> review sheet? <input type="checkbox"/> review session in class? <input type="checkbox"/> review session in lab? o when? _____ <input type="checkbox"/> open book? <input type="checkbox"/> open notes? <input type="checkbox"/> calculator? <b>How much time?</b> _____
2nd   	Course: Teacher:  GOAL:	<input type="checkbox"/> cumulative <input type="checkbox"/> unit <input type="checkbox"/> other _____  <input type="checkbox"/> full 2 hours? percent of semester grade _____ or <input type="checkbox"/> total points _____	<input type="checkbox"/> multiple choice # _____ <input type="checkbox"/> true / false # _____ <input type="checkbox"/> matching # _____ <input type="checkbox"/> short answer # _____ <input type="checkbox"/> essay # _____ other _____	<input type="checkbox"/> review sheet? <input type="checkbox"/> review session in class? <input type="checkbox"/> review session in lab? o when? _____ <input type="checkbox"/> open book? <input type="checkbox"/> open notes? <input type="checkbox"/> calculator? <b>How much time?</b> _____
3rd   	Course: Teacher:  GOAL:	<input type="checkbox"/> cumulative <input type="checkbox"/> unit <input type="checkbox"/> other _____  <input type="checkbox"/> full 2 hours? percent of semester grade _____ or total points _____	<input type="checkbox"/> multiple choice # _____ <input type="checkbox"/> true / false # _____ <input type="checkbox"/> matching # _____ <input type="checkbox"/> short answer # _____ <input type="checkbox"/> essay # _____ other _____	<input type="checkbox"/> review sheet? <input type="checkbox"/> review session in class? <input type="checkbox"/> review session in lab? o when? _____ <input type="checkbox"/> open book? <input type="checkbox"/> open notes? <input type="checkbox"/> calculator? <b>How much time?</b> _____



# EXAM TEST PREP

*Be an active learner, NOT a passive learner!*

1. **Time Management** - Schedule your time
2. Complete all **study guides**

## HINTS --

- If your teacher does not create a study guide, make one yourself or with friends.
- Some students make their own Quizlets or you can go to the website and search for existing ones.

3. Complete and refer to the **finals planning sheet**
4. Use **Ac Lab** to schedule times to meet with teachers

# FINALS PREP PACKET

*Study sessions need to be scheduled!*

## Preparing a Study Timetable

sample study timetable (on-campus, full-time)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9am	GYM		GYM				
9-10am	STUDY	travel		STUDY	travel	WORK	FOOD SHOPPING, LUNCH, CHORES
10-11		CLASSES	STUDY		CLASSES		
11-12							
12-1pm	LUNCH			LUNCH	LUNCH		
1-2pm	STUDY	LUNCH	LUNCH	STUDY	CLASSES		
2-3pm		CLASSES	travel				STUDY
3-4pm			CLASSES				
4-5pm					travel		
5-6pm	CHORES, DINNER	travel		DINNER	STUDY		
6-7pm		DINNER	travel				DINNER
7-8pm			DINNER	WORK	DINNER	DINNER	
8-9pm	WORK		STUDY				STUDY
9-10pm		STUDY			STUDY	GO OUT	
10-11pm							
11-12midnight							
	6	3	6	7.5	5.5	0	6.5

TOTAL STUDY HOURS PER WEEK: 34.5

SUBJECT 1 (hardest): 12  
 SUBJECT 2 (middle): 8  
 SUBJECT 3 (middle): 8  
 SUBJECT 4 (easiest): 6.5