StressLESS Checklist for Finals

4 Weeks ‘Till Finals

- Make a list all readings, assignments, projects & tests for the rest of the semester (put due dates on calendar)
- Create a Study Schedule to finish the list above
- Register for spring classes
- Begin Prep for Finals Planning
  - Put date/times of finals on calendar (look in syllabi or Registrar’s page)
  - Are finals cumulative?
  - What is the test format?
  - What content will be covered?
  - Where is the information located (notes, books, handouts)
  - What final exams/projects will need to be taken or uploaded on Moodle?
  - Do you have materials you need for all studying, projects & homework?
  - Make an outline of what to study

2 Weeks ‘Till Finals

- Don’t stop studying during Thanksgiving Break
- Follow your Study Schedule for classes
- Make a Study Plan for Finals
  - Reorganize your notes
  - Create a study Final Exam study schedule
  - Review all previous exams & assignments
  - Create study guides
  - Make & take practice tests
  - Have a little fun!

1 Week ‘Till Finals

- Last week to meet with tutors
- Visit your professors’ office hours to clarify your questions.
- Intensify your studying for finals
- Take brain breaks (15-20 minutes) to refocus
- Take practice tests
- Polish papers & final projects
- Form/schedule study groups on Zoom

3 Weeks ‘Till Finals

- Make a Study Plan to catch up on & complete readings, assignments, projects & papers
- Finish Prep for Finals Planning
  - Are finals cumulative?
  - What is the test format?
  - What content will be covered?
  - Where is the information located (notes, books, handouts)
  - What final exams/projects will need to be taken or uploaded on Moodle?
  - Do you have materials you need for all studying, projects & homework?
  - Make an outline of what to study
  - Check your current grades
- Maintain your Study Schedule for completing coursework

For more resources visit the Academic Skills Center webpage:
www.austincollege.edu/asc