

How to create your finals study plan

1. Get oriented

- Identify all final assignments due and final exams, including how much they're worth and the due date
- Distinguish your comfort levels for each course's content and exam
- Consider the format of the assessment
- Taking into account all of the above, determine which finals will need the most focus



2. Get organized

Make a plan in your personal planner, online calendar, or use [this template](#). Include:

1. Key due dates
2. Work, volunteering, appointments, other personal responsibilities
3. Non-negotiables, e.g. sleep, meals, cooking, movement, social time
4. Study time

[Check out an example study plan!](#)



- Start your studying early, **1-2 weeks** before the exam/deadline
- Estimate an amount of time and then times that **2x** when you are putting it in your schedule
- Time block your study sessions, consider the time of day you work well

3. Get to business

- Start studying!
- Set a [specific goal](#) at the beginning of each study block
- Use the Pomodoro technique: 25 min work, 5 min break, repeat
- Take non-screen breaks
- Use [effective study strategies](#), linking to how you will be tested on the material
- [Alternate study topics](#)
- Avoid procrastination (put your phone away + change social media passwords)
- Ask for help (office hours, TA, librarians)

