

How to create your finals study plan

Participant guide

Session description and outcomes

Want support figuring out how to balance papers, exams, and your mental health during the exam period? Join us to make your finals study plan! Upper year undergraduate student facilitators and mentors will give you tips for how to create a study plan for finals, how to prepare for your exams and papers, and how to take care of yourself while doing it.

Activities

Bring your laptop or planner along to help you access your course materials while you plan. You can use your preferred planner or app, or we will provide you with a fillable schedule. There will be markers and stickers if you want to customize your plan, as well as snacks to keep you motivated!

Your next steps

Use the study plan throughout the finals period. When you are done, congratulate yourself for your hard work and then reflect on what worked about that study plan and what you would do differently next time.

Land acknowledgment

McGill is located on the unceded Indigenous lands of the Kanien'kehá:ka Nation, known as Tiohtià:ke/Montreal. The Kanien'kehá:ka, also known as the Keepers of the Eastern Door, are one of the nations that make up the Haudenosaunee Confederacy on Turtle Island/North America. Our presence on this land contributes to the dispossession and ongoing oppression of Indigenous peoples. Our goal is to promote learning and generate allyship with local Indigenous communities, by honouring and respecting the many nations removed from, as well as those still connected to this land. Throughout the workshop we encourage you to consider active reading strategies that best support your learning about the indigenous communities in Montreal. Consult [Native Land](#), McGill Indigenous Initiatives' [The Land and Peoples](#), and [Indigenous Education Resources](#) to learn more.

Resources

Consult the [learning resources](#) created by Teaching and Learning Services, particularly these resources on [exam preparation](#).

Visit [Self-Directed Learning Guides](#) from Student Accessibility & Achievement.

See an [example study plan](#).

Contact information

For any questions about the workshop material or other related information, visit mcgill.ca/tls/students or email learning.tls@mcgill.ca.