



THE WHOLE KID PRESENTS:

THE ULTIMATE GUIDE TO PREPARING FOR FINALS

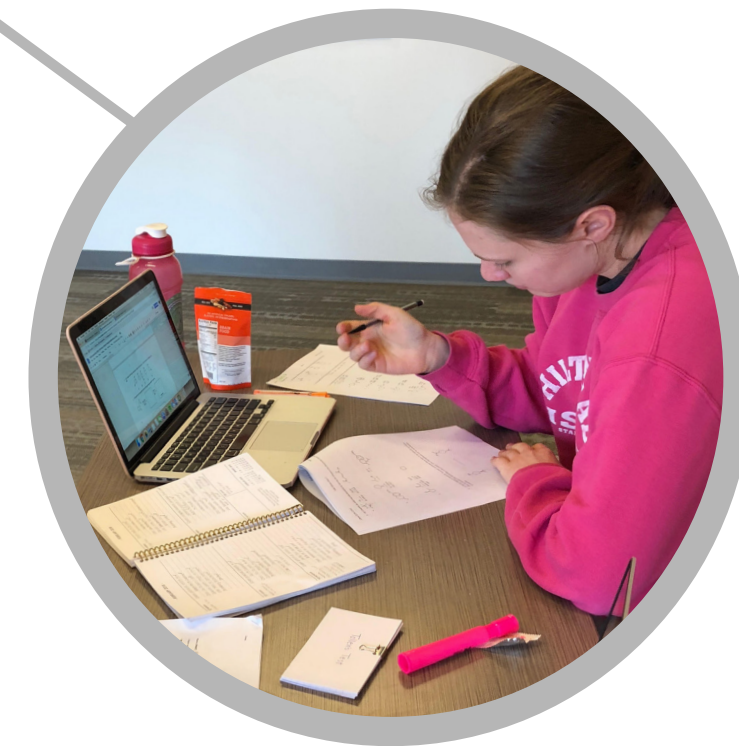
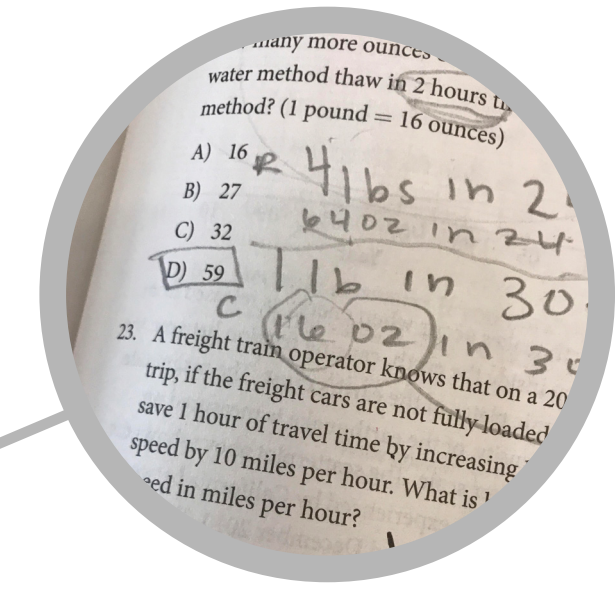
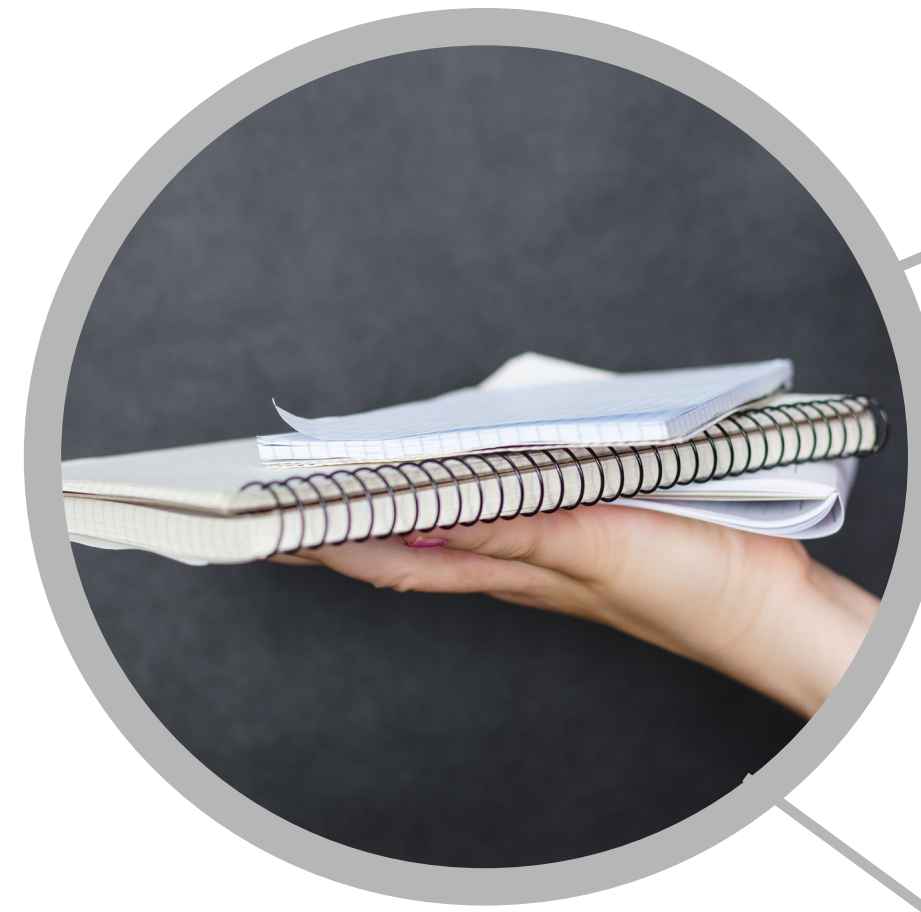


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WHAT'S INSIDE

Each section of the guide provides helpful hints on different aspects of your preparation. Our Preparation Tips and Study Strategies will help you plan, prepare, and carry out an effective study schedule. Staying Healthy will help you manage finals stress and take care of your mind and body. The final section, provides a Timeline of practical advice for making the most of the days before and after the exam.



GETTING STARTED

SAY GOOD-BYE TO THE DISTRACTIONS

Where you study is just as important as how you study. Finding a space with good lighting and low noise will make you more receptive to knowledge retention, making you more productive. And as always, turn off or put away your phone!

DON'T WAIT UNTIL THE LAST MINUTE

Cramming a year of knowledge into one all-night study session may save you time, but it won't do you or your grades any favors. Start early enough so that you can organize and study everything you need to. A week or more before the exam is a good place to start.

REACH OUT FOR HELP,

Not only will your teachers have the strongest grasp of the topics you'll be tested on, but they may even share with you some hints about what to expect on the test! When it comes to tackling tough topics, tutors are also a great resource!

LEARN HOW TO MAKE A PLAN THAT
YOU'LL STICK WITH ON PAGE 5

5.
THE PLAN

1

DETERMINE WHAT
YOU'LL NEED

Ask yourself this question: "What will I need to study?" Before you get started it's important that you fully understand what you're going to be tested on. You should locate any notes, flashcards, or old quizzes that may be helpful study material.

2

CREATE AN OUTLINE

Break down the information that you're going to be tested on by subject and topic. Pay special attention to those topics that you already know you'll be tested on. You should also note those topics that you struggle with and may need to spend extra time on.

3

MAKE A STUDY
CALENDAR

Create a calendar for what you plan to review each day to help you determine how much time and effort you should dedicate to each test. Remember to gauge your progress, so you can avoid cramming sessions and mix up the subjects to prevent burnout!

STUDY SMARTER

Prioritize the topics that you know will be on the exam, followed by those that will probably and possibly appear. This way, you'll cover the basics first and prevent any last-minute freak-outs about missing an important chapter. This might mean rearranging the order that you study your notes, so don't automatically start at the beginning. Be strategic!

Forming a study group is a great way to maintain focus and motivation, receive additional help, and practice creative study strategies (like studying out loud and talking through timelines and formulas). It also gives you the chance to test your knowledge by seeing how well you can teach or explain the material you're learning.

"Active Studying" is an alternative to just re-reading your notes and hoping the information sticks. In order to maximize your chances of understanding and retaining the information you're studying, it's helpful to take more active approaches to learning. Some examples include: making diagrams, quizzes, and flashcards that keep you invested and interested in the material.

**RE-ORGANIZE
YOUR NOTES**

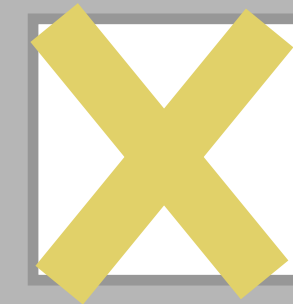
TEAMWORK

**ACTIVE &
CREATIVE
STUDYING**

HABITS TO MAKE & *BREAK*



Be mindful of what you're putting into your body. Your food is your fuel, so you should opt for brain foods like snacks high in fiber and protein, and lots of water.



Avoid foods low in nutrition and high in sugar or caffeine. They will slow you down in the long run, even if they do give you a short boost of energy at first.



Smart studying requires balance! You need to give your brain and body a break! Aim for an hourly rotation of 50 minutes on and 10 minutes off.



Working hard doesn't mean working non-stop. Continuing to study without giving your brain and body a break hurts more than it helps.



High-quality sleep is essential. Without adequate sleep—at least seven hours—your hard work might be lost to grogginess and exhaustion.



Forcing yourself to continue studying late into the night will only stress you out and lessen your comprehension, and critical-thinking abilities.

TIMELINE OF SUCCESS

THE NIGHT BEFORE

At this point, a cram session or all-nighter will only set you back. So if there's only one day where you can squeeze in eight hours of sleep, make it tonight.

THE NIGHT BEFORE

In addition to getting rest, you should prepare all of your materials the night before, including your outfit and what you're going to have for breakfast. This will prevent a rushed and stressful morning!

THE MORNING OF

Eat a smart breakfast that will keep you energized and full. Hunger is a dangerous distraction during a test, and foods high in sodium or fat will just make you sluggish.

BEFORE THE EXAM

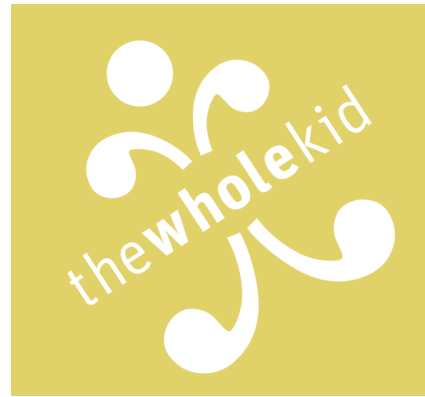
Like stretching before a run, you should warm up your brain by reading a short article or answering easy math questions that you know won't appear on the test. Just don't try to cram the morning of!

DURING THE EXAM

Stay calm, don't rush, and read every question carefully. You've worked so hard to get here, so remind yourself that you're prepared. If you feel your heart racing or struggle with a question, take some deep breaths before continuing and work on a few easier problems first.

AFTER THE EXAM

You're done! Congratulate yourself and allow yourself to relax. Even if you think you did poorly, worrying will not change your score. Instead, use the experience as a lesson for future finals – What worked? What didn't? This is an important time to reflect and get ready for your next test.



REMEMBER.

Every student will prepare for big tests differently. While starting early, getting enough sleep, and eating well are common sense, you might find that some strategies do or don't help you. Every finals season will teach you something new about yourself, so take the time to find what works for you. ***The possibilities are endless – be creative and experiment until you feel comfortable and confident in your abilities. Good luck!***

