

Empowerments for Student Learning

Exclusively for Adjuncts

Honoring active learning and supportive teaching environments in a changing paradigm of higher education

Expand your knowledge. Broaden your resources. Spark students' inspiration.



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Stress levels are high as the semester nears the end. Offer your support and advice to help your students best prepare for final exams.

Share these tips.

1. **Say NO to cramming.** Plan your time to avoid all-nighters.
2. **Say YES to cardio.** Just twenty minutes of cardio can improve your memory, increase your energy level, and reduce the effects of stress.
3. **Eat superfoods/antioxidants.** Eat breakfast the day of a big test and have healthy snacks along for later in the day. Fruit, vegetables, healthy carbs, and proteins are all important for concentration.
4. **Alternate study spots.** Alternating study spots may improve your retention and give the body and mind regular breaks.
5. **Minimize distractions.** Find the locations that work best for you. Background noise works for some but distracts others.
6. **Maximize practice testing.** Take advantage of practice materials and tests if they are offered. Create study cards, reread notes and highlighted material.

Source: Alston, S. (2013, Dec. 12) *Scientifically, the best ways to prepare for final exams.* BIG IDEAS, Blog of The State University of New York. Retrieved from: <http://blog.suny.edu/2013/12/scientifically-the-best-ways-to-prepare-for-final-exams/>

With Best Regards,

Becky Pugh, QEP Winter Haven Campus Liaison, rpugh@polk.edu
863. 298.6811, fax: 863. 298.6814

Dr. Lynda Wolverton, QEP Lakeland Campus Liaison, lwolverton@polk.edu 863.669.2885, fax: 863.297.1034