
FINALS PREPARATION

“ARE YOU PREPARED?”

USE THE LARC – WE ARE HERE FOR YOU!

Academic Success Workshops

**** Currently Available in an Online Format**

- **Digital Learning Success**
- Note Taking
- Reduce Test Anxiety
- **Time Management**
- **Self-Care**
- **Finals Preparation**
- Goal Setting
- Maximizing Tutoring and Professor Office Hours
- Active Textbook Reading

Virtual services we offer:

- Academic Support (contact your advisor or email StudentSuccess@wcupa.edu)
- Online Tutoring (via Zoom or SMARThinking)
- Success Coaching (Via myWCOOnline or Zoom)

Please refer to

<https://www.wcupa.edu/healthNotices/studentFAQs.aspx>



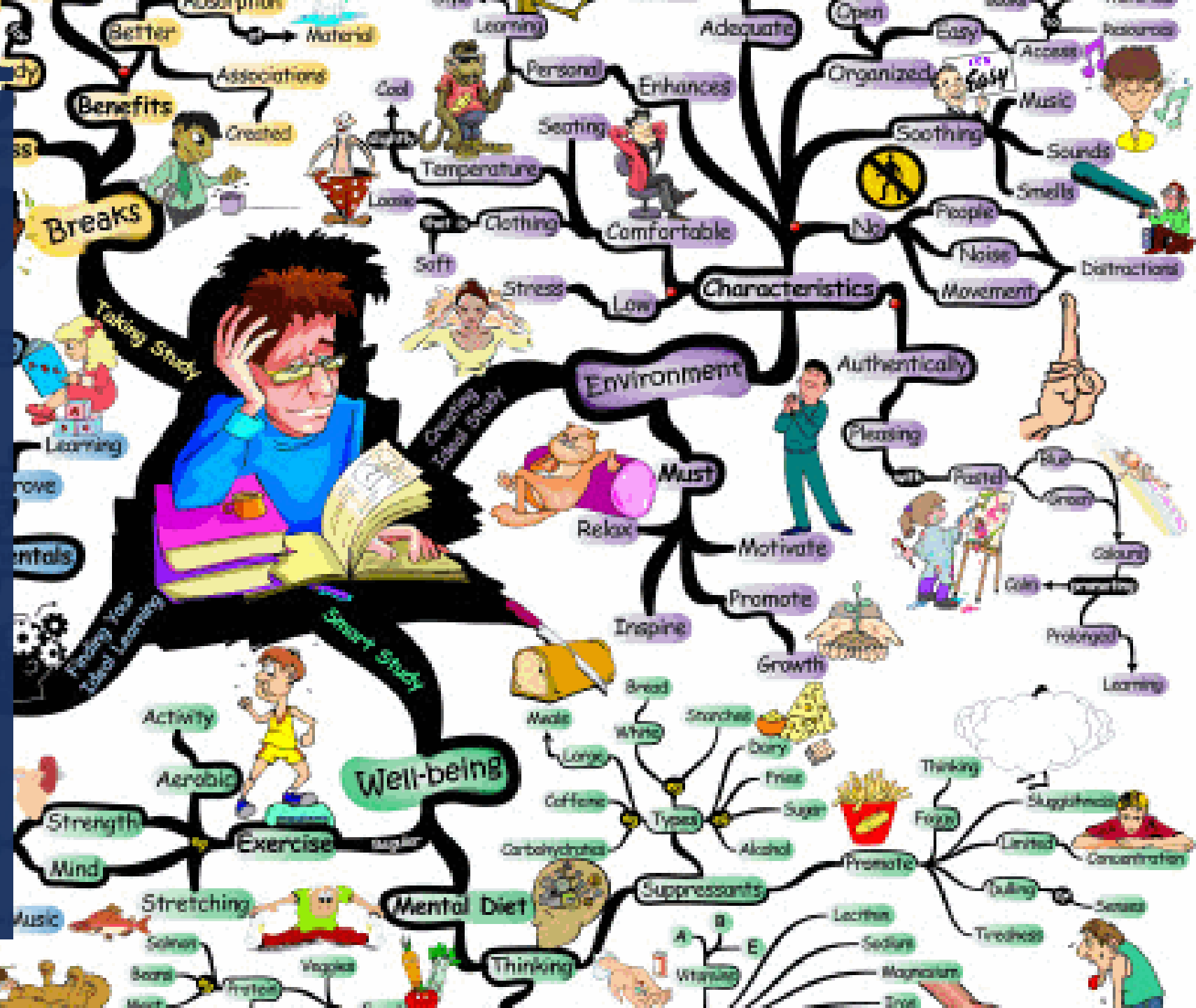
WORKSHOP GOALS

Students will be able to:

1. Manage their priorities and practice self-care to avoid and/or combat stress.
2. Identify and utilize virtual resources when needed.
3. Utilize their learning style(s) to improve their studying methods.

PREVIEW

- Using Your Resources
- Prioritizing Self-Care
- Planning and Preparation
- Exam Day



ADDITIONAL VIRTUAL RESOURCES

If you are struggling, please reach out. If you know a friend is struggling, encourage them to seek support.

<https://www.wcupa.edu/healthNotices/studentFAQs.aspx>

We care about you. We are here to support your success and well-being. Let's finish this semester strong, together!

HELPFUL RESOURCES

- SmarThinking: Online tutors, review, paper submissions
- Tutoring: Come Prepared!
- Your professors and classmates
- Apps and review sites: what do you use?
- Online textbook resources
- Notes from class
- The Writing Center: Make an appointment online:
http://www.wcupa.edu/_academics/writingcenter/
- Purdue OWL (Online Writing Lab) (MLA, APA formats and other writing tools)
<https://owl.english.purdue.edu/>

Any other ideas?

PRIORITIZE SELF-CARE



- Eat: breakfast, lunch, dinner, snacks throughout the day
- Drink water
- Practice good hygiene
- Manage your stress (mental health)
- Get adequate sleep

RESOURCE PANTRY

Resource Pantry

The Resource Pantry is closed until further notice. If you are a student in need (on campus or off campus) , please complete this form to receive a food package,

Phone: 610-436-2378

Email: pantry@wcupa.edu

To request a food package:

<https://docs.google.com/forms/d/e/1FAIpQLSe8E6YkBGY29ROXtzKqJ482rLS2TDBJJ6qY5ZSpHKtVVywOzA/viewform>

Additional: <https://chestercountyfoodbank.org/donate/>

SLEEP WELL

Getting adequate sleep (7-8 hours) helps our brains retain and recall information

Three Functions of Learning and Memory:

- **Acquisition:** Refers to the introduction of new information into the brain.
- **Consolidation:** Represents the processes by which a memory becomes stable.
- **Recall:** Refers to the ability to access the information (whether consciously or unconsciously) after it has been stored.

Research suggests that sleep plays an important role in memory, both *before* and *after* learning.

<http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep>

HAVE YOU STARTED YET?



It is important to have a plan:

- Write down your plan in an agenda book, calendar, etc. whatever works for you
- Map out the dates of all your exams and projects
- Make a plan and distribute times to study for each class
- Prioritize your tasks (Ex. Hard classes first, then easy classes)
- Do NOT cram!

LEARNING STYLES

Visual	Auditory	Tactile
You remember pictures or other visuals	You understand and remember things you've heard	You understand best by doing something hands-on
You picture what you're learning in your head	Reading aloud helps you understand	You may be very coordinated or athletic
You can close your eyes and visualize something you learned (maybe an exact location in a book)	You understand spoken directions more easily than written ones	You learn better when there is movement involved; you don't like to sit still
You may have trouble with spoken directions and become distracted easily by noise	People may think you aren't paying attention, but you hear and understand everything being said	You remember what you have done, not necessarily what you saw or heard

HOW SHOULD YOU STUDY?

How do you study best?

Learning styles, you might...

- Recopy notes later if you're **visual**, or use a highlighter or annotate.
- Record a lecture and listen later if you're **auditory**.
- Move around and use activities when you review if you're **tactile**.

Where do you study best?

Find a place in your home free of distraction and noise.

Avoid using your phone, tv, social media, etc. and try to avoid working where you sleep.

WHILE STUDYING

- Use your learning style to get engaged with the information
- Make practice tests or use quizzes/questions available to you
- Review past exams, quizzes, and assignments
- Make your OWN study guide
- When studying from the textbook:
 - Get familiar with the table of contents, glossary, index and mark pages with important information
 - In each chapter: pay special attention to introductions, summaries, case examples, graphs or pictures, and bold texts/headings to help organize your review and find important information

HOW OFTEN? DISTRIBUTED STUDY

Which method(s) works for you?

- Daily Review (15-20 minutes)
- Weekly Reviews (45 minutes to 1 hour)
- Major Reviews (1-2 hours, ____ days in a row before exams)



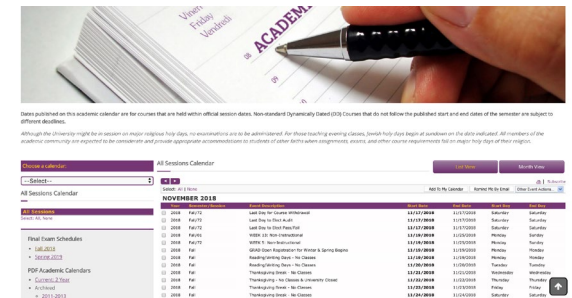
YOUR EXAM DAY

- Do the questions you are confident in first
- Know exactly how much time you have and budget it (develop a plan so you can finish)
- Use the test to help you (find clues in other questions)
- Use your time and do not rush
- Go over the test when you are finished if possible

FINAL EXAM SCHEDULE

<https://www.wcupa.edu/registrar/calendar/default.aspx>

- Know your Final Exam Schedule! Registrar's Office posts a schedule for final exam.
- Varies from your regular class time!
- With the new mode of instruction in place this semester, check with your professor and/or your updated syllabus for:
 - When
 - How
 - TimeYour final exam will be administered so you are prepared.



JUST REMEMBER...

-
- To get enough sleep! Don't pull all-nighters!
 - To eat breakfast: it helps with memory recall
 - To take deep breaths
 - To take your exam one question at a time
 - To think positive thoughts
 - Studying **right** before the test
 - Not to worry about questions you don't know, move on. Later, the answer may come to you or you may get clues from other exam questions.

When you finish, relax, reward yourself and/or do something to de-stress.

You're done!

CAMPUS RESOURCES

Due to CAMPUS CLOSING, please VISIT the WCU website for current available resources:

- <https://www.wcupa.edu/healthNotices/studentFAQs.aspx>



https://wcupa.col.qualtrics.com/jfe/form/SV_brQsR39x0efxvYV

REACH OUT TO US
WITH YOUR
QUESTIONS:

SUCCESSCOACHING@
WCUPA.EDU

Give us your Feedback so we
can improve!

Don't forget to take our survey.

Thanks! 😊

IF YOU HAVE FURTHER QUESTIONS
OR WANT TO MEET WITH A SUCCESS
COACH TO PLAN YOUR SUCCESS...

- Use this QR code to access WC Online
 - Register for an account if you don't have one already.
 - Sign up for a meeting with a success coach.
- With further questions, please email successcoaching@wcupa.edu
- <https://www.wcupa.edu/universityCollege/achieve/>

