The end of an academic year is very busy for students. With final exams looming, yours may be feeling a bit stressed, especially if they are unsure of their test preparation skills. When it comes to final exams, here are some key tips for student success.

**Details.** Encourage your student to find out what their entire final exam schedule looks like so they can begin formulating a study plan earlier rather than later. They should check the course syllabus and have a clear understanding of the grading procedure. Well before the exam, students should make sure they know where the exam will be held, the start time, how long it will last, and what materials can or should be brought into the exam room.

**Organize.** Students should prepare a written schedule for themselves indicating when they will study for each test. Remind them to leave some time in their schedule for other things like exercise and relaxation so they will avoid stress and burnout. Additionally, if they work well in groups, encourage them to seek study partners or group review sessions and schedule those in advance.

**Resources.** If a professor offers a study guide for an exam, students should use it. If a review session is offered, students should go to it. Doing so can be very helpful, especially since the topics covered are probably key indicators of what will be on the tests.

**Help.** If your student is still struggling in a specific subject area or concept, encourage them to reach out for help. The Writing Center, Math Lab, Reading Clinic, and Tutoring Center are great resources to help your student prepare for upcoming tests and projects.

**Rest.** Remind your student to get some sleep. Pulling an all-nighter can be stressful, unhealthy and unproductive. If a student must study late into the night, taking a nap during the day and then revisiting study materials the following morning can help.

**Location.** Sometimes, studying at home or in the residence hall can be difficult, especially if your student loses focus easily. Encourage him/her to try out different places to study and to find the one that works best. Whether it's a coffee shop or Manderino Library, locating a good location can be key to studying successfully.

**Eat, Exercise, Relax.** “Self-care” is an important aspect of managing stress, especially during finals week. Students should eat well, get some exercise, take breaks and relax every once and awhile so they can stay focused and limit stress.

**Time.** Encourage your student to keep a close eye on the time both while studying and when they are taking their actual exams. Facebook, Twitter, Pinterest, and other social media sites can be a big distraction that can turn a 10-minute break into an hour (or more!) of procrastination. Encourage your student to focus by temporarily deactivating these sites or banning the Internet while studying.

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