

Semester 1 Exam Packet

It's that time of the year again! Final exams will be held from January 17 - 20. That may seem like the distant future, but we only have **two weeks** between our return from Christmas break and the first final.

It is vital that you start preparing **early** - over break - to ensure success.

Included in this packet you will find help for **quarter exams** and **final exams**: schedules, time management sheets, organizational pages, and general study tips.

As you either know or have been told, this is not an easy time of the year to be a student at STA. However, with **good preparation** and a **firm commitment** on your part, you can be successful!

Tuesday, Jan 17:	Period 1, Period 2,	8:15-9:45 10:15-11:45
Wednesday, Jan 18:	Period 3, Period 4,	8:15-9:45 10:15-11:45
Thursday, Jan 19:	Period 5/6, Period 7,	8:15-9:45 10:15-11:45
Friday, Jan 20:	Period 8,	8:15-9:45

Quarter 2 Exam Schedule

Monday, January 9: LET and World Languages

Tuesday, January 10: Fine Arts, Health, Social Studies

Wednesday, January 11: English, Math

Thursday, January 12: Religion, Science

Organizational tips:

- Find out exactly what material from the quarter will be covered on the quarter exam.
- Round up all materials that will help you, study this information -ask teacher, friends, etc.
- Start preparing **AT LEAST** a couple days in advance for a test - do not wait until the night before.
- Review old tests if you have them - they tell you what was already picked out as important information from each chapter.

FINALS PREPARATION STUDY TIPS

- make and **STICK TO** a study schedule
- start reviewing finals information **TONIGHT**
- use your strong modality to your advantage
- find a good, quiet place to study; **NOT IN FRONT OF THE TV**
- break up material into small, manageable parts to study
- study with a partner, but only if it helps
- make sure to schedule periodic breaks, but then get back to work when the time is up
- personalize your study system - what works for someone else might not necessarily work for you
- **LET YOUR PARENTS HELP YOU**
- take good care of yourself over the next three weeks (eat well, get enough sleep, exercise, etc.)
- study what you **DON'T KNOW** - not what you do know
- have confidence in yourself
- arrive at the test early and get comfortable
- avoid discussing the test when you enter the room - this will only make you more nervous
- ignore people and happenings around you during the test - work at your own pace

FAILURE TO PREPARE IS PREPARING TO FAIL - YOU CAN DO IT!!!!!!

Prioritized Guidelines

For completion of weekly schedules

- 1 Cross out when you know you are busy with other obligations (ie., sports, church, dinner, sleep, etc.). These are the times you know you cannot and will not be studying
- 2 Fill in scheduled homework time for current work - no more than an hour at a time without a break
- 3 Cross out 15-30 minute breaks to exercise, watch TV, talk on the phone, snack, etc. Limit your break time and get back to work in a timely manner.
- 4 Fill in 30-60 minute chunks of time to study for finals. Do not sit and cram for over an hour at a time.

Some tips:

- Get enough sleep.
- You DO NOT have to spend eight hours a day studying over Christmas Break. I suggest devoting one of the two weeks to good finals prep. I've included time management sheets for each week, but figure out which one will be devoted to finals, and go at it during that time.
- I suggest about 2 hours a day during the week you decide to dedicate to finals prep. Remember, this DOES NOT include any homework you may have in addition to finals prep.
- Even though you (probably) have lots of time during your Break, maintain a time management schedule so time doesn't get away from you.
- You do not have to fill up every spare minute on the time management sheet. Just be sure you're getting everything done.

Weekly Schedules

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							

Weekly Schedules

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							

Weekly Schedules

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							

Weekly Schedules

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							
11:00							
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30							