

Semester 1 Exam Packet

It's that time of the year again! Final exams will be held from December 17 - 22. That may seem like the distant future, but we only have **three weeks** before the first final.

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

Included in this packet you will find help for **quarter exams** and **final exams**: schedules, time management sheets, 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!

Final Exam Schedule

Friday, December 17	Period 1	8:15-9:45
	Period 2,	10:15-11:45
Monday, December 20	Period 3	8:15-9:45
	Period 4/5a	10:15-11:45
Tuesday, December 21	Period 5/6	8:15-9:45
	Period 7	10:15-11:45
Wednesday, December 22	Period 8	8:15-9:45

Quarter Exams Schedule

Monday, December 13	LET, Science
Tuesday, December 14	Fine Arts/Math
Wednesday, December 15	Theology/World Languages
Thursday, December 16	English/Health/Social Studies

Organizational tips:

- Find out, from your teacher, 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.

General Study Tips:

- make and **STICK TO** a study schedule
- start reviewing finals information **TONIGHT**
- use your strong modality, learning style. 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 but do devote the week to good finals prep.
- Spend approximately 2 hours an evening. Remember, this DOES NOT include any homework you may have in addition to finals prep.
- Maintaining a time management schedule so time doesn't get away from you will be very important - especially with various evening time conflicts.
- It is not necessary to fill up every spare minute on the time management sheet. Just be sure you're getting everything done.

Weekly Schedules

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