



AMERICAN
UNIVERSITY
OF BEIRUT

التعليم | education
فوق | above
الجميع | all



10 TIPS

TO BETTER PREPARE
FOR YOUR FINALS

Vectors are courtesy of freepik.com



1. SET UP YOUR STUDYING SPOT

Make sure your studying area provides you with comfort and focus, whether it's in a quiet library, at your workstation at home, or in a bustling café.



2. VISUALIZE AND STUDY YOUR NOTES

Visualizing your notes into diagrams and charts can help you understand and grasp the material through logical thinking.



3. PARTICIPATE IN STUDY GROUPS

Two heads are better than one! Studying with your peers helps understand the material and reduces exam stress and procrastination. It's also a chance for you to learn by teaching others!



4. GIVE YOUR BODY A REST

Give your body the proper conditions for proper functioning by taking regular breaks and getting plenty of sleep.



5. FEAST ON BRAIN FOOD

Maintaining a healthy diet will help you stay in full studying shape.



6. TEST YOURSELF

Take previous exams and tests to simulate and practice your logical reasoning and focus. It also helps to write down practice questions since it trains your brain to interpret the question correctly.



7. PRIORITIZE

Study in the following order: Definitely, probably then possibly. Also, give yourself enough time for the toughest lessons.



8. SEEK HELP

Do not hesitate to ask for help from your classmates or from an alumnus. You can also use office hours to ask your lecturer for assistance (You can always send an email as well).



9- DON'T SKIP THE REVIEW SESSION

A review session is an important tool for you to recapitulate your learnings, and it may assist you figure out what will be on the test sheet.



10. TRY OUT DIFFERENT STUDY METHODS

There's no one way of studying the material, so don't be afraid to experiment with a variety of study methods.