



# Finals Prep!

## Coffee with Counselors

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10th and 12th Grade

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9th and 11th Grade



# Agenda

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- Welcome!
- How we support your students academically during finals
- Tips and best practices for studying
- How you can support your child during finals
- QUESTIONS???



# How we Support Students Academically

- Religion classes do not have finals
- Students who have 90% or above in their classes-teachers have the *option* of not requiring a final
- Counselors meet one-on-one with students to create study plans
- Peer tutoring available after school/during lunch
- Teachers available for extra support
- PowerSchool turned off during finals to reduce stress/anxiety

# Important Dates

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- Review Week starts Dec.10th- No new work is due.
- Students have 2 A days and 2 B days for review.
- Finals start Dec. 15th
- Last final is on Friday, Dec. 18th

# Finals Study Plan

## FIRST SEMESTER FINAL EXAM STUDY PLAN

This is a study plan to help you prepare for final exams. If you use this strategy, you will be well prepared and experience less anxiety during finals.

FINAL EXAM SCHEDULE		
<b>TUESDAY</b> <b>12/15</b>	8:30 – 10:30 11:00-1:00	B6 Block Six _____ B7 Block Seven _____
<b>WEDNESDAY</b> <b>12/16</b>	8:30 – 10:30 11:00-1:00	A1 Block One _____ B5 Block Five _____
<b>THURSDAY</b> <b>12/17</b>	8:30 – 10:30 11:00-1:00	A2 Block Two _____ A4 Block Four _____
<b>FRIDAY 12/18</b>	8:30 – 10:30	A3 Block Three _____

### Weekend of Saturday, November 28th – Sunday, November 29th

#### TIME TO GET ORGANIZED!!

Spend at least two hours in the morning, afternoon, **and evening** preparing for your finals. Organize your notes in the order in which you learned the information so they align with your study guide. If you have not received your study guide, spend some time looking over your tests from the semester and make notes on any information you will need to focus on as you study. Schedule review time throughout the day—notice that there are breaks worked into the schedule. When you think about organizing and reviewing, schedule time as follows: 8:00 am to 10:00 am, 1:00 pm to 3:00 pm, and 7:00 pm to 9:00 pm, so you have breaks and time to do other things.

Date	Morning	Afternoon	Evening
Sat 11/28			
Sun 11/29			

**Week of Monday, November 30th -- Friday, December 4th**

In addition to your homework, study/review at least two hours each night, 2 subjects, one hour each. Fill in the blanks below with subjects prioritized by difficulty, schedule, or workload. Think about pairing the difficult with less difficult each day.

Date	Subject	Subject
<b>Monday: 11/30</b>		
<b>Tuesday: 12/1</b>		
<b>Wednesday: 12/2</b>		
<b>Thursday: 12/3</b>		
<b>Friday: 12/4</b>		

**Weekend of Saturday, December 5th – Sunday, December 6th**

Spend at least two hours in the morning, afternoon, **and evening** studying for your finals. Schedule your study time throughout the day—notice that there are breaks worked into the schedule. When you think about studying, schedule time as follows: 8:00 am to 10:00 am, 1:00 pm to 3:00 pm, and 7:00 pm to 9:00 pm, so you have breaks and time to do other things. Again, fill in the blanks as you did above.

Date	Morning	Afternoon	Evening
Sat 12/5			
Sun 12/6			

**Week of Monday, December 7th -- Friday, December 11th**

In addition to your homework, study/review at least two hours each night, 2 subjects, one hour each. Fill in the blanks below with subjects prioritized by difficulty, schedule, or workload. Think about pairing the difficult with less difficult each day.

Date	Subject	Subject
<b>Monday: 12/7</b>		
<b>Tuesday: 12/8</b>		
<b>Wednesday: 12/9</b>		
<b>Thursday: 12/10</b>		
<b>Friday: 12/11</b>		

**Weekend of Saturday, December 12th – Sunday, December 13th**

Spend at least two hours in the morning, afternoon, **and evening** studying for your finals. Schedule your study time throughout the day—notice that there are breaks worked into the schedule.

When you think about studying, schedule time as follows: 8:00 am to 10:00 am, 1:00 pm to 3:00 pm, and 7:00 pm to 9:00 pm, so you have breaks and time to do other things. Again, fill in the blanks as you did above.

**Weekend/Monday before finals!!!**

**FOCUS ON YOUR FIRST FINALS: PERIODS 6 and 7!**

Date	Morning	Afternoon	Evening
Sat 12/12			
Sun 12/13			
Mon 12/14	in school		

**FINAL EXAM WEEK: STUDY EACH NIGHT!**

Take as much time as needed for each one of your final exams. If you have two exams the next day, study for one exam in the afternoon and one exam in the evening.

Exam week schedule		
Date	Final 8:30am-10:30am	Final 11:00am-1:00pm
<b>Tuesday: 12/15</b>	Block 6 final	Block 7 final
<b>Wednesday: 12/16</b>	Block 1 final	Block 5 final
<b>Thursday: 12/17</b>	Block 2 final	Block 4 final
<b>Friday: 12/18</b>	Block 3 final	



Happy Hanukkah





# How to Study

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# Math and Science

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- Practice problems!!!
  - Do at least one problem from each section on the test
  - Correct work and notice common problems
  - Complete more problems from sections that are challenging
- Vocab/Facts:
  - Make and review with flashcards/quizlet until you can recite the answer without looking
- Cycles/Processes:
  - Create a visual aid (picture or diagram) to represent the information on the test
  - Recreate the picture without looking at notes/the original

# Humanities

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- Complete the study guide
- Make a timeline of important dates and information
- Reread class notes, highlight important context
- Anticipate questions and practice essays

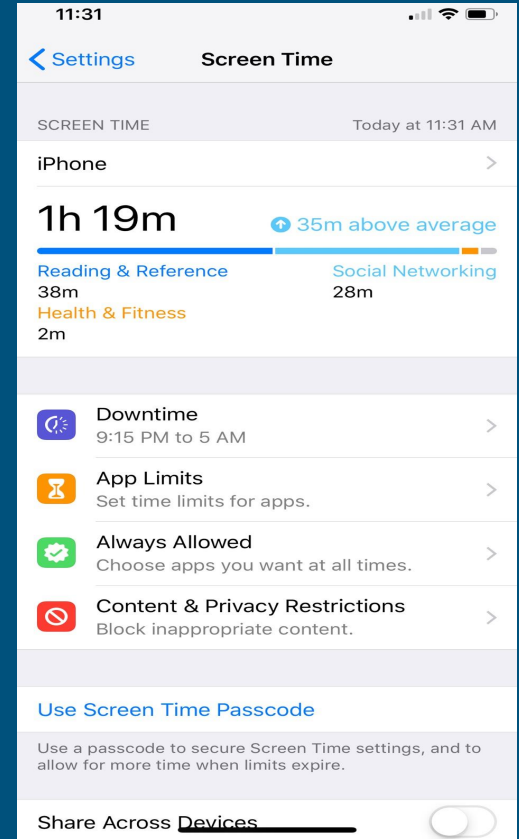
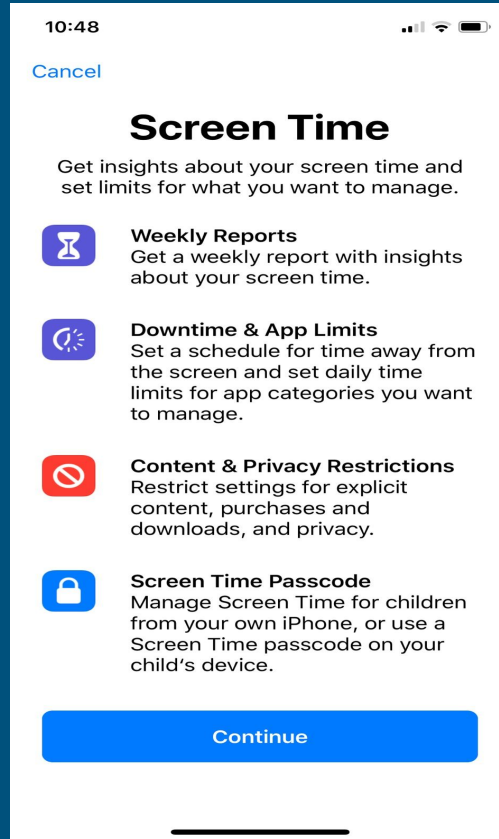
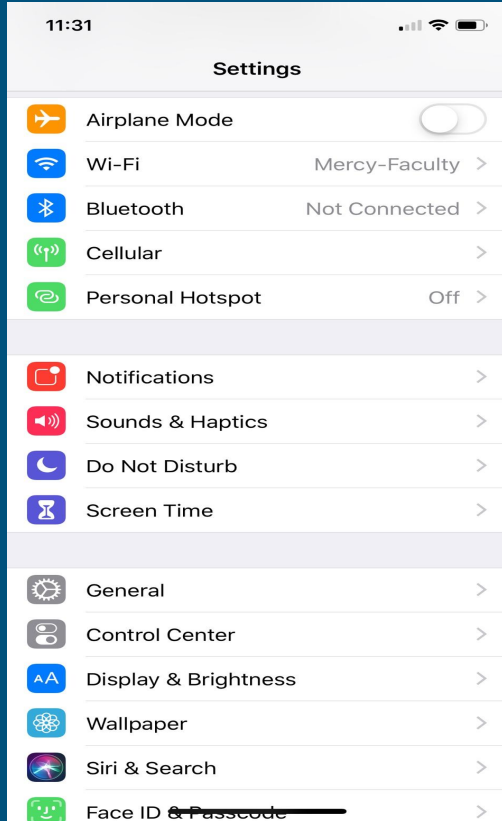
# Tips

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- Get organized
- Review Learning Targets every day
- Get help early!
- Create flashcards/quizlet for vocab words
- Make a plan-study in 20 to 30 minute increments
- Small Breaks
- Study Groups
- Positive Attitude “I studied! I will do well!”
- Sleep!



# Limiting/Blocking Technology



# Apps that Block Social Media

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<https://blogs.systweak.com/best-iphone-apps-that-block-social-media/>

How you can support your child during finals

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# Anxiety

Finals in your head



Finals in reality





# The Core of Anxiety



**Uncertainty  
about  
overcoming a  
given challenge  
or obstacle**

# Two Options for Effectively Dealing with Anxiety

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1. Build your skills to be more effective at overcoming the challenge/obstacle
2. Change your perspective about the magnitude of the challenge or obstacle and/or your ability to overcome it

# How you can support them to build skills

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- Make sure they have an environment at home that is conducive to learning
- Offer assistance, when appropriate
- Keep your message positive and optimistic
- Support healthy habits
  - Healthy eating
  - Exercise
  - Adequate sleep

# How you can help them change their perspective

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- Make sure they know they are more than just their grades
  - Ask about other things in their lives
  - Limit conversation about grades
- Encourage (and model) balance
- Help them see the big picture

# Remember the basics: The 3 Ls

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- Love
- Listen
- Limits

# Questions????

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