Effectively Preparing for Final Exams & Academic Reflection
The Learning Center (TLC)
Central King Building-G22
Created & Presented by: Mr. Barry Broxton, MPA, MA
TLC Associate Director
Phone: (973) 596-6430
Email: broxton@njit.edu
When you think of an upcoming exam/common what comes to mind?

How did you feel when you received your first exam at NJIT?

How did you feel while taking exam(s)? How did you feel after taking your exam(s)?

Clip from the movie: Total Recall, 1990
What steps did you take when you did not receive a good grade on your common exams?

If you chose not to utilize the academic support service(s) at NJIT after receiving unsatisfactory scores on your common exams...you will need to ask yourself... *why I am I self-sabotaging myself?*
At the end of it all, it is your academic journey, your academic responsibility that is the foundation of your future. The choice is yours to step up to the plate and self-avodate for yourself. That is the key!
How To Prepare for My Final Exams?
1) Write down everything you already know about the subject when you begin the topic for your course(s). Closer to the exam, transform your revision notes in a diagram. Remember, to take your time...this is a process...*slow it down and pump the cognitive brakes*...rushing through this will not make this step effective.

2) Utilize older versions exams. This will help you to see the formulations and questions in regards to what to expect and allowing to be aware of how much time you need to finish the exam.

3) Form effective study groups and make sure that your groups are free from distractions. Remember, this time should not be used to socialize or to have fun...It is about focusing exchanging knowledge and review of materials to help all of you pass the exam(s). This includes utilizing this time to collectively generate and write down questions to be presented to your professors.

4) Do not arrive late to your exams. *Being late will cause you more unnecessary anxiety*. Know and plan your route in advance for the time it will take you to reach the classroom. Do not be shy, make certain that you know the do and don'ts of the exams by simply asking your professors in advance.

5) Stay hydrated during your studying succession(s) by drinking plenty of water. However, it is highly advised that you ask your professors well in advance if bottled water is allowed during your exam(s).
7) Keep your study area neat. A cluttered desk and study will cause unnecessary distractions and you will not be able to concentrate and effectively absorb the materials needed for positive outcomes in regards to your exams.

8) Keep focused and understanding the ultimate goals are positive academic outcomes.

9) You must create a study schedule that compliments your way of studying. Do not wait until the last minute to execute creating your schedule.

10) It is imperative to write down how many exams you have and the days left until your are given the exam(s).

TIP - It would beneficial and would show professional growth on your end my personally thanking your professor(s) for their instruction throughout the semester no matter your final grade. Do not forget, you are not going to be students forever at NJIT and you may need references. Your professors are an excellent resource.
Reflecting Definition: Are serious thoughts about your character, motives and actions. This also includes stepping back (Putting on the brakes) to re-evaluate your life, beliefs and behaviors.
Academic Reflecting & Moving On:

❖ Helps you by taking your time (not rushing) to ask yourself salient questions in regards to your academic hurdles and academic accomplishments.

❖ Helps you to take academic responsibility in regards to your academic growth. “Did I put in 100% preparation?”

❖ You gain a better understanding of your strengths and weaknesses.

❖ When you do not take the time to reflect, later in your life you may stay in a job that you do not like, stay in meaningless relationships and live in a constant state of frustration, unhappiness and exhaustion both mentally and physically.
Thanks