**Sterling Heights High School Athletics Final Exam Study Table Orientation**

**Game Plan Prior to Studying for your Final Exams**

As a potential and or current student athlete at Sterling Heights High School, you want to know as much as you possible can about each of your exams. Make sure if possible, you find out from your teachers as much as you can:

* **What is the Format of the Final Exam?** – multiple-choice, true-false, essay, short answer responses, project based?
* What **material(s)** will be covered – specific chapters/sections, or comprehensive?
* How much of your **final grade** the exam counts for? Standard 20%

Also be aware of any **projects and assignments** you might need to finish prior to you taking your final exam. You can challenge yourself to complete them well in advance of your finals; that way you’ll free up the week or so leading up to your exams for concentrated studying.

**What’s the best way to intersperse homework and studying?**

Some people might like to mix study and homework sessions into one day in order to give their brain a change of pace after a while. You also might do better by concentrating all your project work into as few days as possible, separating it all from your studying.

**Next, take stock of all the materials you’ll need for efficient studying:**

* Syllabus (Look over what materials have been covered over the semester)
* Study guides/notes
* Slides and handouts
* [Textbooks](https://collegeinfogeek.com/textbook-money-saving-guide/)

Lastly, using your materials, go through and assess your knowledge for each class. Look carefully for any **gaps in your knowledge** that will be covered on your exams – these areas are where you’ll want to pay special attention when studying.

**Prioritize Your Tests**

Now that you’ve gathered your material and done a review of what will be covered, it’s time to **prioritize your exams** so you’ll know how much to study each subject, and what order to study them in.

Here are a couple of factors you might want to keep in mind:

* The **order** of your exams
* Which exams do you feel well be more difficult for you
* What your **grades look like** in each class – for example, if your chemistry grade is hovering right around the B+/A- mark, you might want to prioritize it above the English class you’ve got a 99% in

However, you as a student athlete need to prioritize each class, compare those decisions with the gaps in your knowledge you identified earlier when deciding which classes to focus the most heavily on.

**Create Your Schedule**

“Home-Stretch Schedule” when you’re nearing finals. This is essentially an uber-detailed version of your normal schedule; you should include things like little tasks, meals, sporting events such as games, practices and other small events.

Create a schedule electronically using one of these options:

* [Google Calendar](https://calendar.google.com/)
* [Sunrise Calendar](https://calendar.sunrise.am/) – a great alternative calendar app
* [Fantastical 2](https://flexibits.com/fantastical) – the calendar app good for using on your iPhone (syncs with Google Calendar)

**Three Final Quick Tips**

Here are three additional tips you can use to improve your schedule even further:

1. Pay attention to your body’s **energy levels** throughout the day. Especially for the weekend of June 9th and 10th, some people have high energy levels in the morning; if that’s you, try scheduling your hardest study session early. If your energy comes at night, though, study later on and don’t try to [force yourself to wake up early](https://collegeinfogeek.com/early-wake-up-system/)
2. Remember that your mind’s efficiency is dependent upon your body’s performance. Make sure to schedule time to [get some exercise](https://collegeinfogeek.com/exercise-time-and-motivation/), and also take breaks and have some [high-density appropriate fun](https://collegeinfogeek.com/high-density-fun/). Doing so will keep your stress levels down and give you a clear head.
3. Ask for help early. The point of having this for potential and current student athletes at Sterling Heights High School is for you to finish out the school year strong. If you’re stuck on something, going to see your teacher before or after school can really accelerate the review process.