

## Academic Success Resources for Finals Week

Please see the information below for an overview of all tutoring resources available through Finals Week. The Academic Success team is excited to help you as you look to the final stretch!

### Virtual End of Semester Study Jams

The regularly-scheduled Study Pods will be officially over for the semester as of 5pm on Wednesday, April 29 (when classes end). However, there are final exam reviews called “**Study Jams**” for many classes. Please see the complete schedule [online](#) for days/times/locations. *Note: In lieu of Study Pods during Finals Week, some Pod leaders have chosen to extend the last or offer an additional Study Pod during the last week of classes, beginning on 4/27. These offerings are also noted on the online schedule.*

### Virtual Writing Center Drop-In Hours

Two weeks of Virtual Writing Center Drop-In Hours are being planned beginning on Monday, April 27!! See the schedule below and [online](#). **No appointment is needed**—simply “drop-in” during the time frames below, and tutors will be on-duty to assist. Note that you may have to wait for a few minutes if a tutor is assisting another student. *Students in FYE: This is a good back-up if your Writing Mentors are busy with their own schoolwork.*

<i>Date</i>	<i>Time</i>	<i>Tutor</i>	<i>Meeting ID</i>	<i>Password</i>
Monday 4/27	7pm-9pm	Megan Finlan	581 322 6066	5rnf7F
Tuesday 4/28	7pm-9pm	Noah Kauffman	618 743 2146	082117
Wednesday 4/29	7pm-9pm	Megan Finlan	581 322 6066	5rnf7F
Thursday 4/30	7pm-9pm	Sofia Pascuzzo	989 782 9499	7EZE8j
Friday 5/1	7pm-9pm	Noah Kauffman	618 743 2146	082117
Saturday 5/2	12pm-2pm	Lauren Vandenberg	360 088 6842	934026
Saturday 5/2	2pm-4pm	Casi Swope	911 998 7114	3CdPdr
Sunday 5/3	12pm-2pm	Casi Swope	911 998 7114	3CdPdr
Sunday 5/3	2pm-4pm	Jordan Bennett	685 884 3803	3ZJ8jR
Monday 5/4	7pm-9pm	Lauren Vandenberg	360 088 6842	934026
Tuesday 5/5	7pm-9pm	Megan Finlan	581 322 6066	5rnf7F
Wednesday 5/6	7pm-9pm	Noah Kauffman	618 743 2146	082117
Thursday 5/7	7pm-9pm	Sofia Pascuzzo	989 782 9499	7EZE8j

### Check In With Our Academic Success Specialist

- **DROP-IN HOURS:** Need a pep talk or new study tips? Hannah Stone, our Academic Success Specialist, is offering daily drop-in hours Monday-Friday from

10 a.m. to noon and 2-4 p.m. To access her WebEx meeting room during this time, please click [here](#). NOTE: Students may enter the waiting room if Hannah is currently meeting with another student.

- Students can also email staff members directly or through [findyoursuccess@lvc.edu](mailto:findyoursuccess@lvc.edu) to schedule 1:1 and group meetings online using WebEx, Zoom, Microsoft Teams, Facetime, GoogleDuo, phone, email, and text.

### **Virtual End of Semester Tutoring**

- The Center for Academic Success cannot guarantee the fulfillment of any tutor request made during finals week due to the tutors' own final exams and projects. However, all attempts will be made to fulfill the request.
- If you have an individual tutor already and would like to meet to review information for the final, please make sure to contact the tutor immediately to schedule a virtual session.

### **Finals Week Advice for Students from the Academic Success Team:**

- **Know Your Schedule and Avoid Cramming**
  - Check and double check. What has changed to your end of semester schedule with the move online? When are papers and assignments due, and when are exams being held?
  - Take some time to write out a full schedule for the last week of classes and finals week. Knowing what you have on your plate gives you more control. Prioritize based on individual factors.
  - Practice effective time management skills by creating a schedule that shows balance.
  - Schedule time to study, but plan to study in 30-50 minute intervals. In between study sessions, take a quick break and do something you enjoy: go for a walk, call a friend, or watch one episode of your favorite show (just one!). This will help keep you motivated and set up a rewards system.
  - If you're working on a paper and would like to have it reviewed by a Writing Tutor, be sure to visit the schedule [online](#) to find a time for Drop-In Hours.
- **Take Time Out to Take Care of Yourself**
  - Though it is important to stay focused and sharp during this time, it is equally important to take care of yourself. Exercise and step away from your screen. Scheduling these breaks will help you to be intentional with your time.

- Eat well! Junk food can make you feel unfocused and drowsy. Steer towards healthier options and lots of water to stay energized!
- Try to avoid getting lost in the trap of social media or Netflix during this time. If you know that you are likely to have trouble hitting stop as you scroll, find another way to relax and destress during this time. Sometimes, multi-tasking can be extra distracting.
- **Find a study space. . . but don't get too comfortable**
  - At this point, most of you have hopefully found a set up that works well for you at home. If you haven't, try to carve out a spot at home that will work well as you make the final push to the end of the semester.
  - While your bed or couch may look awfully comfortable, try to stick to a spot that encourages you to sit up and stay focused. Bonus features: natural light and a lamp.
- **Use an Effective Study Strategy**
  - Utilize a study strategy that works best with your learning style. If you are an auditory learner, talk through concepts out loud to yourself or with a family member. For kinesthetic learners, try rewriting your notes on a whiteboard or use post it notes and a wall to map out your thoughts. Visual learners should try drawing out concepts or rewriting your notes.
  - Write out possible test questions. Make sure your questions go beyond simply asking for a definition—you won't see many of these types of questions on a college exam! Write questions that ask you to apply a concept, create and label a diagram from scratch, interpret a chart, or compare/contrast theories.
  - If you choose to highlight, try a color-coding strategy that makes sense to you. Highlight main concepts in yellow, supporting facts and details in blue, important definitions in green, etc.
- **Sleep!**
  - We know that sleep is at a premium during the end of the semester rush, but you will feel better and much more prepared to take on the day if you give your body the chance to rest. A tired brain struggles to both retain AND recall information!

**Additional stress relief activities:**

- Engage in some light brain exercise with [magnetic poetry](#).
- Trying to find a way to take a break? Try out this online [jigsaw puzzle](#).

- Miss the stress relief coloring sheets available in Bishop at the end of the semester? Try these options: Print off the [LVC coloring book](#) to give your brain a break offline, or try this [online mandala coloring](#) site.
- Do you wish you could be studying near Intermetzo, Bishop Brews, or at the Backstage Café? [Coffitivity](#) might be a good option for you.
- Need a studying or writing playlist? Click [here](#). You might like [this](#) option, as well. Here is another great [choice](#). If these don't help you stay focused, you can search Spotify, Amazon Music, or YouTube for study playlists.
- Remember to stretch your neck and shoulders. With so much time spent at your computer, this is important! Thanks to Dr. Eva Frank, LVC athletic training professor for this helpful [video](#).