

# GETTING READY FOR FINALS WEEK



CARONDELET  
HIGH SCHOOL

Finals are not about perfection; they are about preparation, integrity, steady effort, and balance. When students plan backward, study actively, use resources wisely, care for their health, and get good sleep, they place themselves in the strongest position to succeed.

## STRATEGIC PLANNING MATTERS

Students are encouraged to:

- Review their final exam schedule
- Identify high-challenge courses
- Work backward from exam dates
- Break studying into manageable daily blocks
- Prioritize challenging material early

This approach dramatically reduces anxiety and cramming.

## ACTIVE STUDY TECHNIQUES THAT WORK

We encourage students to use:

- Practice exams and self-quizzing
- Teaching concepts out loud
- Concept maps, summaries, charts
- Timed test simulations

These techniques move students beyond memorization into deep understanding and application.

## ETHICAL USE OF AI & DIGITAL STUDY TOOLS

When used responsibly, AI and digital tools can support learning. Students may use platforms such as:

- ChatGPT (for practice questions and explanations)
- NotebookLM (for study guides from personal notes)
- Quizlet (flashcards)
- Speechify or Kurzweil (audio reading support)

Students are reminded that these tools must be used to support—not replace—their own thinking. Academic integrity expectations remain fully in place.

## WELLNESS = ACADEMIC STRENGTH

- Sleep supports memory and focus
- Nutrition, hydration, and movement matter
- Short breaks prevent burnout

## FINAL THOUGHTS

When students combine strategy, integrity, and wellness, they position themselves for long-term academic success, not just test performance.