

SURVIVING FINALS WEEK



Feeling stressed? Check out some of these tips to help get through the end of the semester and finals week!

Time Management

Marinara Timer
www.marinaratimer.com

Self-Control App for Macs
www.selfcontrolapp.com

Note Taking

Flashcards+ by Chegg
Free app in iTunes

Evernote
www.evernote.com

Health & Wellness

Sleepy Time
www.sleepyti.me.com

The Quiet Place Project
www.quietplaceproject.com

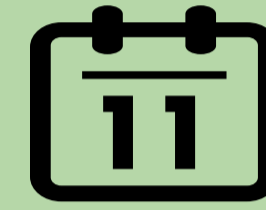
STUDY TOOLS/APPS

STUDYING TIPS *to help ace your finals!*

1. Review past exams, quizzes, & homework – this will help with information reinforcement!

2. Explain the material to a friend or roommate – if you're able to explain the material to someone, chances are you will be able to address it on the exam.

3. Form a study group – you can compare notes, ask each other questions, etc. Just remember to not get distracted!



4. Find a quiet place to study – studying takes a lot of concentration. Find a place that's quiet, comfortable, and distraction free.

5. Get enough sleep – pulling an all nighter is dangerous. It's more difficult to focus when you're exhausted, so be sure to make some time to sleep.

6. Take short breaks – sometimes you just need to take a breather. Give your brain some time to rest in between studying for your exams.

Always remember: You are NOT defined by a grade!



1. Eat breakfast– you don't want to walk into an exam hungry!

2. Bring all essential materials – pencil, pen, eraser, water, etc.

3. Wear comfortable clothes – be comfortable during the exam.

4. Arrive early – know the location and time of your exam and get there at least 15 minutes early!

5. Look over your notes – refresh your memory on important info.

ON EXAM DAY

WELLNESS & HEALTH TIPS

Don't forget to take care of yourself while studying!

Eat Healthy



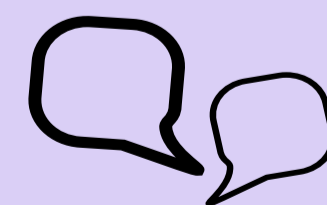
Avoid eating sugary foods– stick to granola bars, fruits & veggies, and healthy cereal.

Exercise

Take a 10 minute walk or go for a quick run– you'll feel calmer and more focused to study.



Talk to someone



Sometimes you just need to vent it out and talk to someone– a friend, staff member, or anyone!