

YOU'VE
TOTALLY GOT
THIS!

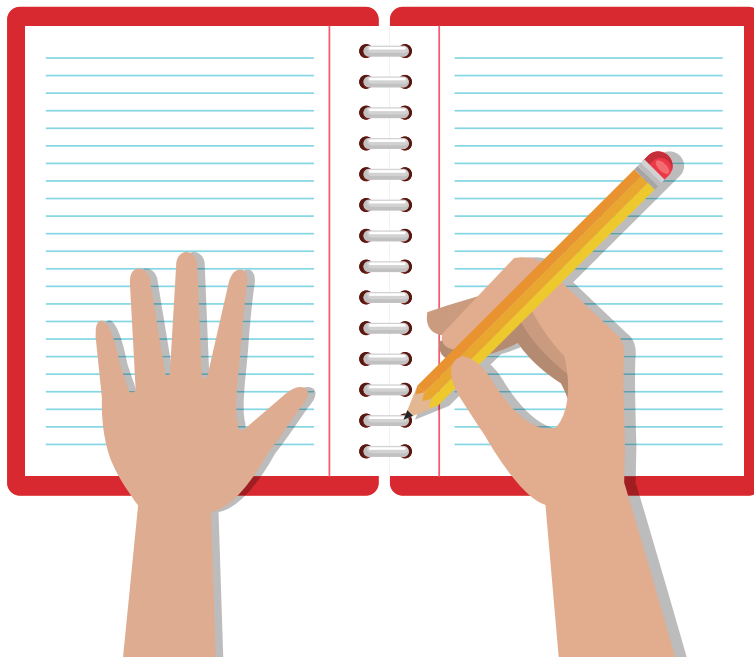
**TIPS FOR MANAGING
FINALS STRESS**

TIPS FOR MANAGING FINALS STRESS

Finals can be a stressful and challenging time. It can be hard to cope with the stress of handling multiple exams, projects and more.

This is an important time to take care of your mental, physical, and emotional health.

This module goes over some finals-specific stress and study tips.



STAYING HEALTHY DURING FINALS

DO

Do get enough quality sleep



Do practice relaxation techniques



Do stay active



Do create a physical environment that helps you study



Do seek support from friends and family



DON'T

Don't pull all-nighters



Don't drink caffeine close to bedtime



Don't skip meals



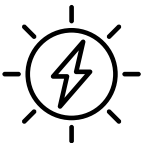
Don't procrastinate



Don't forget to take breaks



STUDY TIPS FOR FINALS



Keep Energy Levels High.

Be sure to get 7-9 hours of sleep and rest every day so that you can be more awake and energized.



50 - 10 Study Rule.

Try to study 50 minutes of every hour, and then spend 10 minutes resting your mind and relaxing.



Organize your calendar.

Your calendar is a great tool to designate specific time for studying, free time, and exam time. Be sure to keep your schedule balanced between studying and free time so that you're getting your work done, while also avoiding burnout.



Make Study Guides.

Study guides are a great resource to use while preparing for exams. They usually cover all the information that will be on your exam while also often providing sample questions. Start with the study guide given by your instructor and build your own.



Study in Groups.

Studying in groups help a lot of students work through information and problem solve. However, this doesn't work for everyone so be mindful of what works best for you.

STUDY TIPS FOR FINALS CONT.



Take your time.

Be sure to plan ahead and give yourself enough time to study and prepare for your finals.



Exercise.

Exercising or any physical activities is a great way to let off steam and clear your mind. Even a ten-minute walk or doing a few stretches can be really beneficial in jogging your mind.



Relax.

Try to keep your stress levels low during finals week. It can be a hard and challenging time, but rely on your supports to get you through this time. Reach out to friends and family, visit the Academic Success Center for tutoring, or visit the Counseling Center if you want to talk to a counselor.



Do practice quizzes or practice presentations.

Practice quizzes or questions are a great way to test your knowledge about the material on your exams. Try practicing presenting any projects or presentations to others to get feedback and practice before your final.



Eat healthy.

Try to eat healthy as much as you can. This will help your mind and body feel better, and you can be more alert.