

FINAL EXAM TIPS

HOW TO STAY FOCUSED & BE SUCCESSFUL DURING FINALS WEEK

- Don't overwhelm yourself by thinking about all the exams at one time. Time block and schedule when you will study for each exam. Take each day one at a time
- Stick to the study plan that works best for you. Do not change the way you study during finals if it isn't necessary
- Remember your goals when you feel discouraged and practice saying positive affirmations
- Prioritize getting the right amount of sleep and eating right just as much as studying
- Make time for mental and physical health