

TIPS & TRICKS FOR STRESS-FREE FINALS!

1. Sleep! You remember more of what you learn if you sleep between study sessions. Sleeping detoxes your brain cells, making it easier to remember what you've learned.
2. Exercise! Even a short walk releases a brain "fertilizer" that helps your learning to stick. Any movement helps, so take breaks during your study sessions and get moving! Get outdoors if you can!
3. Eat well! High sugar foods make your brain perform like a 70-year-old brain. Stick to protein and complex carbs on study/exam days. Staying hydrated also improves your performance.
4. Use the Pomodoro method (Google it!) to get started with your study sessions and stay focused.
5. Practice recalling what you've learned! Use a practice test or brain dump onto a blank piece of paper to assess your knowledge. This can help you figure out what areas you need to study more!
6. Teach someone (or the wall, chair, teddy bear!) what you need to remember. Speaking and writing is much more effective than reading and listening. Practice how you will play!
7. Stay away from re-reading and highlighting as much as possible. These don't help you recall the info and make you think you are better prepared than you really are.
8. Use your campus resources (in-person and virtually) such as the library, writing center, drop-in tutoring (virtually and in-person), and the student help desk for tech issues.
9. Plan your exam day! Check your exam time/s in advance and make a study schedule instead of cramming the night before. (See Tip #1!) If your final is a paper, see a writing tutor (virtually or in-person) early as they can help you through all stages of the writing process.
10. Relax. Breathe. Tell yourself you are ready. You can do this. Plan your reward for a job well done!