

It is Time to Refocus and Get Organized for Finals

Here are a few tips to finish the semester strong and prepare for finals.

Go to class.

Review deadlines.

Put it on the Calendar! Make a plan as to what assignments and projects you must complete and for which exams you need to study.

Preparation is crucial to success. Take the time to prepare for each final and project the time spent studying will pay off.

Most importantly, do not give up!

Remind yourself that you can accomplish this and remain positive.

Don't Be Afraid to Ask for Help

Make an appointment with your Teachers, Tutors and Librarians to get support.

Create a Study Group

Create flash cards to prepare for tests.

Stay Motivated

After you study or do homework for a certain amount of time, reward yourself with a snack or break. Food actually helps your brain focus and improve memory.

The weather is getting nicer, go outside for a short walk to get some fresh air.

Try not to get discouraged! You can do this!

Relax and Get Enough Sleep

Sleep deprivation affects your mind and body. It also affects your learning abilities.

You do not want to be that person who falls asleep during their exam because you stayed up all night studying.

Get enough sleep so you can focus and do well on exams and projects!