

Preparing for Midterm Madness

If you haven't been using your planner or calendar, this is a great time to get started and get organized to address each of your courses.

Remember, **everything** goes in to the planner. Classes, study time, job, social/relaxation time.

- **Take It One Project or Test at a Time.** One way to organize yourself is to use post it notes:
 - Pick a color for each class
 - Write down each assignment you have to do in the appropriate color.
 - When you have completed the assignment you can remove the post it note.
- One of the most challenging parts of midterms is that you're bombarded with so many of them at once. **Creating a study schedule** can help you focus on one project at a time
- **Use Study Guides.**
- **Make the Most of Your Free Time.**
- **Ask Professors or TAs for Help.**
- **Create a study group.**
- **Take Care of Yourself.** A regular sleep schedule can support your body and mind.

For any additional support you can schedule an appointment with Academic Life Coaching by calling 312-369-7645 or contacting Lauren Targ, ltarg@colum.edu