

WELCOME!

As the semester nears the midpoint and midterms approach, it's normal to feel some anxiety or stress. However, with the right strategies, you can make the most of your study time and stay mentally and physically prepared. In this guide, you'll find practical tips to help you tackle your exams with confidence, along with insights from the Student Success team in Financial Empowerment and Major Exploration Services



LET'S TALK ABOUT BUDGETING

- Creating and sticking to a budget is crucial for most college students, and there are plenty of tools to help. Budgeting apps like Mint and YNAB (You Need A Budget) make tracking expenses and setting goals easy, while spreadsheets offer a hands-on way to visualize your cash flow.
- Find the tool that works best for you and consider setting up automated savings transfers to ensure you're allocating money for savings or debt repayment and build good habits.
- To learn more about saving, you can attend a Financial Wellness Webinar held by UREC on October 10th. Reach out to urec@uark.edu for more information!



Emerson Cochran

CAN I CHANGE MY MIND?

- Some people never change their major, but did you know that most students do? According to the National Center for Education Statistics 80% of college students change their major at least once. It's normal to consider as many as three majors over the course of your student career. With that in mind, graduating within a certain timeframe becomes a serious concern for a lot of students. Changing your major can often add time to your anticipated graduation date, but what can you do to make sure you aren't starting all the way over with every major change?
- One of the resources you have in Student Success at the CORD is Major Exploration. You can work with a coach to look at degree plans that are a good fit for your goals, including the time it will take for a change of major.
- It's normal to change your mind, and you don't have to figure it out alone. Coaches at the CORD are ready to help. Let us know you are ready to start a conversation about your ideas!

<https://success.uark.edu/about-us/academic-outreach.php/>



Sarah Beth Tyler

RICHARD'S MIDTERM STUDY TIPS

Preparing for midterms requires both good note-taking and effective study habits. Use this guide to stay organized, focused, and reduce stress as you gear up for your exams:

PRE-STUDY SESSION CHECKLIST

Note-Taking

- Paraphrase Key Points: Simplify important concepts and definitions.
- Highlight Repeated Ideas: Mark emphasized topics during review.
- Stay Organized: Label notes with course details; use shorthand to save time.
- Review Promptly: Go over notes within 24 hours to reinforce understanding.

STUDY SESSION CHECKLIST

- Study Space: Find a quiet, clutter-free spot for consistent focus.
- Manage Anxiety: Start early, study in small chunks, and ask professors about exam expectations.
- Also, bring materials, chargers, snacks, and water



Richard Nyarko

