

5 TIPS FOR FINALS



1. START PREPARING EARLY

- Cramming for exams is stressful – and studies show it may not even work
- Study now to prevent future stress
- Reviewing small amounts of material each day can help out in the long run
- Read more here:
<https://gradelearning.com/does-cramming-work/>



2. KEEP A HEALTHY DIET

- A healthy body = a healthy mind
- Making healthy choices can help improve focus, raise energy levels, and improve our moods
- Proteins, antioxidants, and omega-3s can help our brains study!
- Read more here:
<https://au.reachout.com/articles/foods-that-help-our-brain-study>



3. SET UP YOUR STUDY SPACE

- Having a designated study space can help you stay focused
- Choose a space with natural light
- Set up your study space with school supplies, chargers, and your favorite snacks and drinks
- Read more here:

<https://www.ameritech.edu/blog/tips-make-environment-best-study-space>



4. PRIORITIZE YOUR WORKLOAD

- Prioritizing your workload can help you make study time more efficient
- Creating task lists and schedules can help plan out your study times
- Achieve your goals by practicing good time management
- Read more here:
<https://www.thoughtco.com/time-management-for-finals-week>



5. REMEMBER TO TAKE BREAKS

- Giving your brain a break is essential when studying for finals
- Relaxation can boost future productivity
- Get outside and take a walk during your breaks!
- Read more here:

<https://www.onlineschools.org/science-of-study-breaks/>

