

STUDY TIPS FOR FINALS

You got this!

Get started by taking control:

- Make a list & prioritize tasks
- Start somewhere/anywhere
- You can do this!



Feel less overwhelmed by taking one step at a time:

- Skim through your materials
- Identify the most important topics
- Talk with a classmate about confusing concepts



Get actively involved in the material to enhance focus:

- Ask questions to confirm your understanding
- Take notes in your own words
- Schedule a study time with others
- Turn off screens/close unnecessary window tabs
- Don't study in bed, if possible
- Take breaks



Don't forget to engage in self-care:

- Plan for regular, short breaks using a timer
- Take a few deep breaths & move your body
- Eat a healthy snack
- Talk with family/friends
- Take time to unwind



Try these steps to help manage test anxiety:

- Study in advance as best you can
- Get enough sleep. Avoid caffeine
- Close your eyes and take a few slow, deep breaths
- Start with questions you know
- Reassure yourself as you would a friend



Follow us @lafayettecollegecounseling for tips throughout finals week

