



# Surviving Finals: Wellness Guide



1. **Please Sleep** - While it might seem like more hours of working = more productivity - that will not necessarily be the case. 7 to 9 hours of rest a night is necessary to be your best. If you are behind on sleep you may get headaches, have trouble focusing, have a compromised immune system (more likely to get sick) and have trouble thinking and processing feelings. All of which would ultimately set you back during this finals week.



2. **Stay Hydrated** - This time of year everyone is thinking coffee/caffeine... be sure to limit caffeine intake during the evening/night hours to not mess up your sleep (but never more than 400mg per day, keep track). If you are drinking caffeine, be sure to alternate or switch it up with a glass of water regularly.

3. **Plan ahead** - Use your G calendar to schedule both productive and non-productive time to stay on top of everything!



4. **Make time for movement** - It's really difficult when we are mentally exhausted, but getting your body moving and your blood flowing is essential in keeping our mind alert and focused. Schedule at least 1 hour per day when you are up and moving. Whether it's a walk around campus or a workout in the Wise Center, get your body moving!

5. **Know that this is temporary** - This is a very busy time of year, and inevitably you are probably making some sacrifices in order to get all of your tasks completed. (Maybe you need to stay in to finish a big end-of-semester assignment instead of going out on Saturday). Know that you are not the only one making this choice now at the busiest time of the academic year. It probably won't always be this busy, and think about planning yourself a little treat for when you are able to get through it successfully! (Weekend getaway with friends to celebrate?). It will give you something to look forward to after all your hard work!





# Surviving Finals: Advice from NaviGator Peer Mentors



## Study Tips

### **Create a study plan.**

Determine what days and times you will study and what exactly you will study at that time. Identify what material you need to study, such as notes, your book, and laptop. Block out a time period designated for that subject and only take material for that subject with you.

### **Find your optimal study environment.**

Know how you study best and set yourself up for success. Do you need background noise? Are you most cognitively alert in the mornings or evenings? Whatever you do, at all costs, do not sit/lay in your bed to study!! Your brain will turn to a relaxed state and your productivity will decrease. Read what the American College of Healthcare Sciences says about it here.



### **Don't overload your brain! Spaced practice is better than crammed/massed practice.**

Study sessions should be no more than 60-75 minutes at a time. Once you hit this time, give yourself a 5-10 minute break. Literally walk away from your study area, get some water and a snack, and come back with a refreshed mind. This is also a good time to switch subjects.

### **Focus your attention.**

Don't try to study for multiple subjects at once. Focus on one subject per study period. Turn your phone on Do Not Disturb and place it somewhere out of sight. Set a timer to focus for your desired interval length (remember, at most 75 minutes) and if you have intrusive thoughts unrelated to the subject at hand, write them down in a separate notebook and explore that rabbit hole during your break.



### **Be prepared.**

Make sure you know the day, time, location, and format of your final.

