FIT FOR FINALS

It’s not too early to be thinking about preparation for finals. Focus on what goals need to be met before finals kick in.

Here are some tips to help you prepare and stay well.

STUDY TIPS

Get organized. Define tasks that will help you prepare for finals like making flashcards, getting notes and/or an article(s), visit office hours, go to study sessions, complete readings, etc.

Write research papers early; do not wait until finals week. Getting this work out the way can allow you to focus on studying.

Identify study locations that limit distractions and allow you to focus.

Study with a group, but be selective so those individuals keep you on track and not distracted.

Turn off cell phones and other electronics that cause distractions or lead to procrastination.

Avoid all-nighters. Getting plenty of rest helps you concentrate, be more productive, and energized.

Mix up tasks like reading, writing, and computer work to break up the monotony and give you variety.

Look at exam schedule and write down exam times and locations. Arrive 10-15 minutes early.

Know what to expect. Talk with the professor to find out what will be emphasized on the exam.

Take reasonable study breaks to refresh your mind and body.

Don’t rely on your memory, write down appointments, meetings, due dates, etc.

Avoid procrastination! If you can get it done today, just do it!

Don’t make assumptions. Take time to clarify instructions so your time and energy isn’t wasted.

Know your limits. Set reasonable boundaries that will help you stay positive, productive, and in control.

Be flexible. In times of crisis keep an open mind and be willing to compromise.

Take slow, deep breathes to stay focused, relaxed, and calm. Check out McKinley’s online relaxation exercises under Health Education.

NUTRITION TIPS

Do not miss your meals—maintain a regular eating schedule.

Constantly fueling your muscles with a variety of food keeps your energy up all day.

Regulate the amount of caffeine you consume; it may keep you awake, but it ruins your sleep.

Do not replace meals with soda, coffee, or water.

If eating fast food, go for low-fat sandwiches like grilled chicken, plain hamburgers, or roast beef.

If eating on the run, here are a few choices: rice krispie treats, cheese crackers, juices, graham/animal crackers, dried fruit, pretzels, popcorn, and peanut butter crackers.

You must eat a good breakfast!!

Choose a good breakfast including protein (milk, eggs, peanut butter, yogurt, etc) to keep you alert and energetic throughout the day.

Take care of your body!

Try to maintain a healthy diet and exercise regimen throughout finals week to keep you energized and focused.

FITNESS TIPS

Make sure to workout for 30-45 minutes at least three to five days a week.

Research has shown that those who exercise regularly sleep better.

Take 5-15 minute energy breaks while studying. This keeps you focused and rejuvenated.

An example of an energy break is to take a quick walk around the area you are studying at (residence hall, library, etc.)

During long exam hours, take mini-exercise breaks by stretching in your chair.

Make sure to stretch your neck, shoulders, arms, and maintain good posture.