Get organized. Define tasks that will help you prepare for finals like making flashcards, getting notes, visit office hours, go to study sessions, complete readings, etc.

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

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

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

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

Take slow, deep breathes to stay focused, relaxed and calm.

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

Try to stay active 3-5 times a week to help clear your head and reduce your stress.

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

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

Identify study locations that limit distractions and allow you to focus. Check out illinispaces.illinois.edu.

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.

If eating on the run, here are a few choices: cut veggies, cheese crackers, juices, graham/animal crackers, dried fruit or fresh, string cheese, pretzels, popcorn, and peanut butter crackers.

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

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

Avoid replacing meals with soda, coffee, or water.

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

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

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

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