WHERE TO STUDY?

- Find an environment where you feel comfortable to do your work, but not so comfortable you’ll fall asleep. Good places to study are at your desk, the library, or a quiet lounge. Bad places to study are in your bed, soft couches, and comfy chairs.
- Find a place to study that will be available when you need it.
- Find the right noise level. Do you like background noise and music? Or do you need silence?

WHO CAN HELP?

- Professors: Write down any questions you have and ask your professors before finals.
- Academic Coaches & Tutors: The Learning Commons offers free coaching and tutoring for many subjects.
- Library: Take advantage of the stress relieving activities the Brooks Library often offers during and leading up to finals.
- TAs: If your class has a Teaching Assistant, talk to them and see if they have any tips.

FIND THE TIME

- Don’t let finals sneak up on you! Schedule around an hour a week to go over the material to keep it fresh in your memory.
- During the week before and of finals week, schedule when you will study for which class.
- Use the Study Cycle handout if you need extra help.

TAKE CARE OF YOURSELF

- Eat regularly! It’s hard for your body to focus when it doesn’t have enough fuel.
- Get enough sleep! Staying up all night studying will lower your processing abilities.
- Take breaks when you need them! Find time to do activities that help you relax and relieve stress.