

# Finals Prep

## GET ORGANIZED

- Define tasks that will help you prepare for assignments/exams
- Make flashcards
- Make sure you have all your notes & review them
- Attend review sessions & form study groups
- Allow yourself time to prepare- avoid cramming & pulling all-nighters
- Go to office hours

## MINIMIZE DISTRACTIONS

- Know your distractions that could lead to procrastination and avoid them
- Install social media blockers
- Work in an environment that will keep you focused

## TAKE STUDY BREAKS

- Consider taking a brief break after an hour of studying
- Taking study breaks helps your mind & body get refreshed
- Be reasonable on how long you will take a break (5 -10 min.)
- Be wise about what you do on your break- avoid social media if you know that will be too much of a distraction & make it difficult for you to get back to studying

## CREATE A REASONABLE STUDY SCHEDULE

- Mix up tasks like reading, writing, & computer work to break up the monotony & give you variety while studying
- Be realistic about what you can accomplish in the time you have available
- Only take materials with you for the subjects you will be focusing on

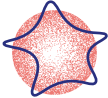


McKinley's  
Online  
Relaxation  
Exercises

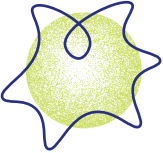
Scan now!

# Study Tips

Schedule study time for each subject, don't procrastinate.




Bring materials only for the subject you are studying for.



Find quiet places to study, so interruptions are limited. Turn off social media while studying.

Set realistic goals; prioritize how your time needs to be spent on each subject.




Get plenty of rest, avoid pulling all-nighters.

Go easy on the caffeine and avoid alcohol and other drugs.

Plan healthy snack breaks & try not to miss meals.

Take time to relax, take brief breaks to clear your mind and get refreshed.



For additional support, meet with McKinley Stress Management Educator. Call for an appointment in the Health Education Unit, 217-333-2700.

