

Top Ten Tips to Tackle Finals

MU Counseling Center

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1. Get organized. Decide on a study schedule to manage your time. Sticking to a plan will help you stay on track and avoid procrastination. Having your study space in order will also decrease the feeling of chaos around you.
2. Take frequent breaks. For every hour of studying, rest for 15 minutes.
3. Set rewards. Small rewards after completing a task can help you stay motivated.
4. Prepare for the day of your exam the night before. Make your lunch, plan what you are going to wear, and make sure you have the supplies you need for the test.
5. Get adequate sleep. This means about 8 hours. You may be tempted to push yourself harder and cram longer but your mind needs rest to function well!
6. Get up 30 minutes earlier in the morning. The inevitable morning mishaps will be less stressful and you can leave yourself a few minutes for last minute reviewing.
7. Take care of your body. Eating well, exercising, and limiting your alcohol and caffeine intake will help your body feel more energetic and ready to tackle those exams.
8. Say “no.” You probably have friends you want to see one more time before the winter break. While this is important for decreasing your stress, waiting to study at the last minute is very stressful. Remember to limit social activities from interfering with your study schedule.
9. Breathe! Take a few moments to relax before you start the exam. Tell yourself “I have studied all I can and I am ready for this test.”
10. Celebrate when it’s over. Hopefully you schedule small rewards throughout your studies, but reward yourself when the week is over and enjoy the winter break!