

# Finals week stress?

## Helpful tips from the UPG Counseling Center

The following information is from the national Mental Health America website.

### Exam Week Stress

It's exam week and the end of the semester has arrived. Suddenly, it's crunch time. Thinking about the papers you have to write and the studying you need to do before you take those finals can seriously stress you out. Having a game plan can help you avoid stress and substantially increase your chances of success.

Here are some tips to help you cope during exam week:

1. **Get moving.** A little bit of exercise will decrease your stress level and make your studying more productive.
2. **Eat smart.** Ordering pizza may seem like a good way to get dinner when you feel like you are too busy to leave your computer, but it's not a great idea. Eating a well-balanced diet will give you the energy you need to get through the end of the term.
3. **Establish your priorities.** Three papers to write and four exams to study for, all in the next week? Decide what you have to finish today and what can wait for another day or two. You can't do everything at once.
4. **Create a study plan.** Once you've decided what your priorities are, you can make a study plan. Make a schedule for what you are going to do each day. Don't forget to leave the room for short, but frequent, breaks.
5. **Set realistic goals and reward yourself when you reach them.** Maybe you can't write all your papers in one night, but you can get a rough draft of one done. Set a goal and work towards it. When you have gotten there, reward yourself with a dinner with friends or a walk outside.
6. **Do what works for you.** Some people need silence and others need quiet music. Some people study well with a partner while others work better on their own. Figure out what is best for you.
7. **Listen to your body.** Headaches, sore muscles, and nausea are all signs of stress. If you aren't feeling well, you may need to change the way you're studying.
8. **Take time to relax.** Getting away from the library for a yoga class or some other activity will help you focus when you go back to studying.
9. **Recognize and accept your limits.** You're an English major taking physics this semester? Understand your strengths and weaknesses. Not many people get A's in every class they take.
10. **Celebrate the end of exams.** You made it! Hang out with some friends and have a good time. You worked hard and should be proud of yourself.

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