

Prioritizing for Finals!

Stay Healthy

- Make sure to get plenty of sleep (Recommended 7-8 hours)
- Eat 3 meals a day
- Keep up on personal hygiene
- Take an hour to relax (i.e. exercise, watch a show, etc.)
- Don't change any major habits during finals week
- Study breaks; study for 45 minutes, take a 15 minute break
- Don't stay in your pajamas all day! Look good, feel good, do good
- Don't take anything that keeps you awake, unnaturally (i.e. caffeine, drugs, etc.)
- Don't let the last thing you do at night be studying

Be Prepared

- Schedule your studying way in advance (168 hour challenge: www.discovery.binghamton.edu); know when your finals are
- Do not cram! Making a study schedule will prevent this & help with retaining knowledge
- You're allowed to switch one of your finals if you have 3 or more finals in a calander day
- Know your syllabi (How much is each final worth?)
- Calculate your current grade in the class (Know where you stand, figure out what you need to earn on the final)
- Send early drafts of papers to your professors/TAs to allow for plenty of feedback time

Find a Study Spot

- Find a good study spot other than your room (look at good study spots on Discovery website)
- Change Study location
 - Science Library, downstairs has a lot of spots
 - Academic A
 - Find empty classroom (Union, FA, Lecture Halls)
 - Study lounge in buildings
 - Downtown center

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