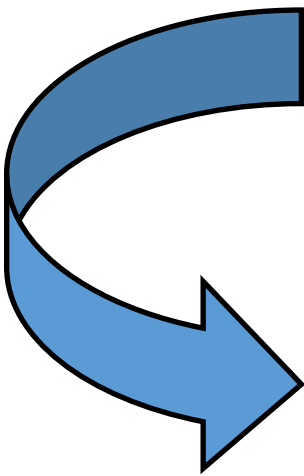
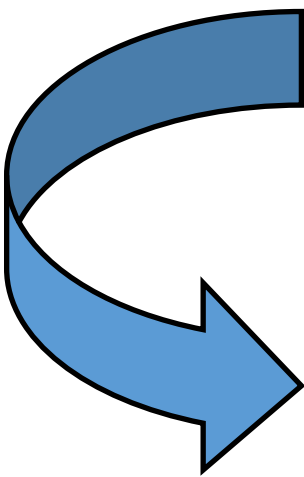


Prioritize for Finals!

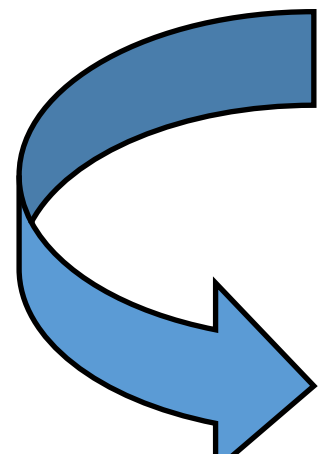
STAY HEALTHY

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- ◆ 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 and Break—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 ingest anything unnatural that keeps you awake (e.g., caffeine, drugs, etc.)
 - ◆ Don't let the last thing you do at night be studying

BE PREPARED

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- ◆ Schedule your studying far in advance; 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 calendar 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 AREA

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- ◆ Find a good place to study other than your room (look for a good study spot at www.binghamton.edu/discovery/resources/studyareas.html)
 - ◆ Find a space beyond your room where you can work free of distraction
 - ◆ Science Library, downstairs has a lot of spots
 - ◆ Academic A
 - ◆ Find an empty classroom (Union, FA, Lecture Halls)
 - ◆ Study lounge in buildings
 - ◆ Downtown Center

