Prioritize 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 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**
- 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**
- Find a good place to study other than your room (look for a good study spot at [www.binghamton.edu/discovery/resources/studyareas.html](http://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

www.binghamton.edu/discovery