

Finish the Semester **STRONG**



Make short term goals and plans for what you want to accomplish each day.

Set aside certain time to study for classes as well as time for you to do something that you enjoy.

Creating an hourly schedule helps you keep focus and have a clear idea of what you aim to complete each day.



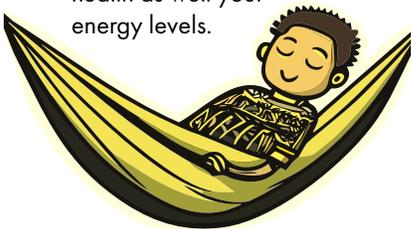
Take care of yourself and set time aside to rest.

Rest is essential for avoiding burnout, maintaining your physical and mental health, keeping up the energy you need to complete your schoolwork, and a better life balance.



Try practicing some healthy habits.

Even the small steps like getting more sleep or eating a balanced diet can make a world of difference to your physical and mental health as well your energy levels.



Don't be afraid to ask for help.

Use resources such as the Speaking and Writing Centers to add the finishing touches to your end-of-semester assignments, and use the Mathematics Center or other tutoring centers to ace your exams.



Use study groups when studying for exams.

Study groups can provide motivation and collaboration when studying for major exams!

Avoid procrastination.

Procrastination can lead to increased stress and a decrease in the quality of your work. Break large assignments or tasks into smaller ones over a period of time to avoid procrastination.

