

With finals right around the corner, it is crunch time! These tips can help you as you wrap up the semester. You have worked hard all semester, and soon you will have completed your classes. Stay focused and don't forget to take care of yourself during this busy month.



1. **Plan ahead.** Know when and where your final exams are and put them in your calendar. Schedule your study times. Pick times of the day when you are the most alert because then your studying will be most productive.
2. **Know what to expect.** Find out as much as you can about each final in advance. Refer to your notes to see your instructor has shared about the exam and check in with them if you need to. The more prepared you are, the less stressed you will be.
3. **Get organized.** Get all the materials you need to study in one spot before a study session. Having these materials together and organized in advance makes the process more time-efficient and reduces the possibility for procrastination.
4. **Find a study spot.** Studying where there are limited distractions will help you focus on the task at hand. The library is one great spot to study. Finding the right studying environment will mean no or limited interruptions.
5. **Study!** Crack open your textbooks and check out your notes and study aids. Use the techniques that work best for you. Self-testing is a great way to help prepare. Flash cards, reciting and taking quizzes (provided in textbooks or aids or that you create) are some ways to do that.
6. **Give yourself a break.** Taking breaks is important. Taking them can even increase your ability to retain and recall information. Plan your study sessions around other activities and schedule in some time to have fun or even just sit and relax.
7. **Fuel your mind.** Eat regular meals, and keep things as healthy as possible. Food that is good for you helps you perform well. Eating healthy can take a bit of planning but your body will thank you for the nutrients.
8. **Exercise.** Working out is a wonderful way to relieve stress. Stick to your regular fitness routine or schedule a walk as a break if you are not used to working out. With the bicycle desks in the library, you even can work out while you study!
9. **Sleep.** You might think sleep is a waste of time during a busy week, but that's just not

true. You will perform better if you are well-rested. Get your studying hours in before your normal bedtime and allow for eight or more hours of sleep.

10. **Arrive prepared.** Make sure you get to your finals with plenty of time to spare. If you have several minutes to get settled into your desk before a test instead of rushing in at the last moment, you will be much more relaxed. It's a great idea to pack your book bag the night before with anything you will study that day, pens and pencils.

Thank you to [TRiO Student Support Services](#) for help with these tips!

TRiO makes the college transition smoother by offering one-on-one advising, workshops and other services to help low-income students, first-generation college students and students with disabilities succeed in college. TRiO is connected to BHC's tutoring department.

All Black Hawk College students have access to free tutoring, with tutoring available in-person and online. To learn more about what tutoring help is available, visit [this page](#).

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