

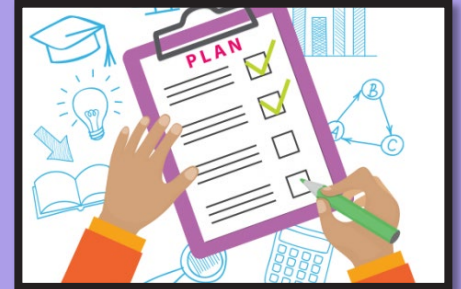
- ☑ PLAN
- ☑ PREPARE
- ☑ PERFORM

Managing Stress During Finals



Tips for Before the Exam:

- Stay mindful, take a deep breath & try your best to relax
- Create a study plan with predetermined, achievable goals
- Make sure you are getting enough, good quality sleep to help your brain function optimally
- Make sure you are fueling your brain with nutritious food
- Plan ahead and have materials ready to go for the exam
- Go easy on yourself, allow yourself to take breaks and relax in between study sessions to help you to refocus
- Study with peers virtually to better understand the topics
- Don't be afraid to reach out to your professor or a classmate if you are experiencing any concern or confusion



Things to Remember During the Exam:

- Remember that all you can do is your best
- Try to stay in the moment and remain focused on each question individually as you move through the exam
- Read instructions and questions very carefully to ensure you are answering each one appropriately
- Make sure to double check your answers at the end
- Do not spend a lot of time second-guessing your answers, this can lead to changing answers that were right all along
- Go into the test with the mindset that you will succeed, you have prepared for this and you are ready



What to do After Your Exams:

- Do not stress about your performance on the exams, this will only negatively impact your mental health and cause worry
- Do some activities that make you happy and calm such as hanging out with friends, going on a run, or watching television
- Be kind to yourself and reward yourself for your hard work on preparing for and taking final exams
- Understand that test scores do not define who you are or what you are capable of
- Lean on helpful supports in your life (friends, family, mentors) if you are feeling any negative thoughts or emotions



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