Prioritizing 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 breaks; 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 take anything that keeps you awake, unnaturally (i.e. caffeine, drugs, etc.)
• Don’t let the last thing you do at night be studying

Be Prepared

• Schedule your studying way in advance (168 hour challenge: www.discovery.binghamton.edu); 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 Spot

• Find a good study spot other than your room (look at good study spots on Discovery website)
• Change Study location
  • Science Library, downstairs has a lot of spots
  • Academic A
• Find empty classroom (Union, FA, Lecture Halls)
• Study lounge in buildings
• Downtown center

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