

LET'S TALK ABOUT GETTING THROUGH FINALS WEEK

Finals week can bring about a lot of emotions. You might feel stressed, overwhelmed, exhausted, or may even be experiencing burnout. It can be very easy to increase your caffeine intake, decrease your sleep, and just try to power through. However, we would encourage you to consider some of the following alternative strategies to help you get through finals week in a healthier, and more helpful, way.

1. Make a Study Schedule.

Creating a study schedule can help you avoid cramming in a panic the day before an exam. Set aside time to study for each final exam or project and prioritize which ones you should focus on first based on your exam schedule. Try to schedule multiple, shorter, study sessions rather than trying to study for long periods of time.

2. Study in Groups.

Having a study group is a great

way not only to test your knowledge, but also to have support and encouragement as you prepare for your finals.

3. Get Outside.

Take a break and get some fresh air. Spending even ten minutes outside can help reduce stress and help to clear your mind to prepare for the next task at hand.

4. Create a Sleep Schedule.

Not getting enough sleep can impact learning, memory, and problem-solving, which is the opposite of what you need as you prepare for your finals. Try to make sure that you allow yourself ample time to sleep each night to perform at your best.

5. Ditch the Distractions.

When you are studying, limit distractions. Put your cell phone out of reach. Turn off your notifications. Allow yourself to focus solely on the task at hand



and use your breaks to engage with your devices.

6. Don't Be Afraid to Ask for Help.

Reach out to your professors or peers if you need assistance. Utilize the resources available to you on campus for support. Asking for help when you need it is a strength and not a weakness.

If you have any questions about Counseling Center services or would like to schedule an appointment, please call our office at 765-285-1736.

YOU MIGHT WANT TO KNOW

THE RESOURCE & RELAXATION ROOM

The Counseling Center's Resource & Relaxation Room located in Lucina Hall, Room 310-A is open. FREE access to massage chairs, light therapy & aroma therapy. Free condoms, coloring pages & resource materials are also available. No appointment necessary. Come by and relax!



COUNSELING CENTER QR CODE

Link into the Counseling Center website with our QR code. Find information about our services, how to schedule an appointment, take a look at our social media platforms, and sign up to our



WELLTRACK is a free online self-help tool that promotes mental wellness on campus. Visit <https://bsu.welltrack.com/> and sign up using your @bsu.edu email address.



BALL STATE
UNIVERSITY

