

# HOW TO POWER THROUGH THE END OF THE SEMESTER

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Now that Spring Break has ended, we are faced with the harsh task of getting back in an academic mindset to finish the semester with a bang. It's important to go into finals and the weeks before it with the right frame of mind to finish strong. There are several steps you can take to make sure you don't get burned-out from the stress of finals.

1. **Stay Organized.** This may sound like a no-brainer, but maintaining a clear, easy-to-follow schedule and workspace can lead to productivity. Make sure your study area is a clean space and make it a place where you enjoy being. Use different colored pens, highlighters, and sticky notes for each class to help you visualize what you need to be doing. Make sure your planner is updated with exam days and due dates so you can stay on top of assignments.

2. **Don't Procrastinate.** As simple as it sounds, completing assignments and starting to study ahead of time can make a big difference in your stress levels. If you study a little bit each day leading up to your exams, you'll remember more information than if you try to cram the day before the exam. Use different methods to study, such as rehearsing information, creating practice tests and having others quiz you. Even exercising while studying can lead to higher rates of memorization. Creating daily to-do lists is a way of making sure you get the right amount of reading or writing done for classes that have a heavy workload. Waiting until the day before the exam to read a four hundred page book never worked out well for anyone.
3. **Take care of yourself.** Finals week and the time leading up to it can be the most stressful time in a college student's life. It's important to remember that you're a person too. Be sure to get enough rest, and remember that you really can't survive on caffeine and candy bars. You need to eat balanced meals and maintain a healthy diet to help you do well on assignments.
4. **Great work deserves rewards.** When you finish an assignment or do well on a test, treat yourself. Have a bowl of ice cream, watch a movie on Netflix, read a few chapters of a book you enjoy or take a bubble bath. However, don't spend all your time on rewards; you still have to stay focused on what is important.

The end of the semester is rapidly approaching, but if you take the proper measures, you can make it to summer break with your sanity. Whether you are graduating or simply enjoying summer before the fall semester, remember to keep yourself on the right track and finish strong.