***End-of-Semester Tricks***

**1. You are not wrong for going through 50 emotions per day.**

**2. If you did not understand stats in January you will not get it now.**

**3. If you feel like you are going to fail a test, dress up nicely for it: you will have a confidence boost.**

**4. Coffee is your best friend if you want to stay up late and study.**

**5. If you do not have 50 assignments that are due or if you have no homework, you might just be failing.**

**6. It’s okay to have five mental breakdowns per day.**

**7. Stressing so much it's the new "relax"**

**8. A good playlist is necessary to survive the final weeks.**

**9. GPA's do not matter in heaven**

***End-of-Semester Tips***

**End-of-semester exams tend to be a large part of your overall grade in each class; it’s important to foster effective study habits in order to do as well as possible. With the fall semester coming to a close, here are seven tips to help you stay focused and ensure you’re confident when you walk into the exam room.**

**​1. Make a schedule and stick to it**

**Attempting to juggle academic and social engagements in college is always challenging, but time management exists as a crucial tool to help you do just that. Even when your schedule may seem overwhelming, remember that making a schedule and sticking with it can help supply you with time to get everything done. And be consistent! Study every day if you can.**

**2. Don’t forget to rest**

**All the studying in the world won’t do you any good if you’re exhausted. Studies suggest that the quantity and quality of sleep you get has a profound impact on learning and memory. Scientists believe that while we sleep, memories and skills are shifted to more efficient and permanent brain regions, making for higher proficiency the next day. This process is crucial when studying for big exams.**

**3. Choose the right environment**

**Everyone has their optimal study environment – this can be a quiet library, bustling coffee shop or simply the privacy of your own room. Some like to listen to music while they study, while others prefer total silence. Figure out what works best for you by trying a few different options and the resulting comfort will bring your studying to the next level.**

**4. Try out a study group or tutor**

**Sometimes you hit a roadblock when you’re studying for certain courses and outside help can be immensely beneficial. Maybe you want to try sharing knowledge and studying with individuals in your class or, if possible, find a tutor that can help you grasp the concepts you’re having the most trouble with. There’s nothing wrong with asking for help!**

**5. Don’t cram**

**Try to study in spurts – our brain is at its most productive during about the first 60 minutes of study. It’s actually more productive to take a 10-minute break in the middle of two hours of studying rather than not taking a break at all. Good study habits arise from pacing yourself and learning the material consistently.**

**6. Resist procrastination and distractions**

**When you sit down to study, try to remove any distracting objects that may cause you to procrastinate – namely, your phone. The internet can be a useful tool if you need help understanding certain topics, but it can also be extremely distracting. Limiting your time on the web while trying to retain information is one of the best study tips for college students. Try to set boundaries like no social media scrolling during class or study time.**

**7. Take notes and stay organized**

**The key to taking great, effective notes is to write down key concepts of the lecture or textbook without recording too much extraneous information. If you have a hard time doing this on the fly in class, another trick is to get your professor’s permission to record the lectures and listen to them later so you can amend your notes if needed. Throughout your course, ensure you stay organized by keeping your class materials in order and up to date, retaining your returned assignments and creating flashcards for key terms. Once exam time comes, you’ll be thankful for these resources.**

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Information taken from: https://www.fallenpatriots.org/blog-entry/2019/11/22/7-helpful-study-tips-for-end-of-semester-exams