

## Don’t Just Study Hard – Study Smart.

**Cut Your Study Load into Pieces**

* Make a bullet list that includes every class you need to study for--see if you can find a specific list/study guide of material you need to cover;
* If the final is “cumulative”, break your notes (or the slides for the class) into manageable sections that you can put on your giant list of topics.
* The key here is to break down that one big task – “study for finals” – into small chunks you can **actually wrap your head around**.
* Watch [5 Day Study Plan](https://youtu.be/I7T__KYTQBI)- **Don’t Cram – Start Early**

**Control Your Environment**

* Find your optimal study environment.
  + In my mind, there are four components that make up the study environment, find what works best for YOU!

1. **Location**: your dorm or apartment, the library, a coffee shop, a random classroom, a small meeting room, under a tree-whatever feels right.
2. **Workspace type**:

* Is the desk big enough to spread out all my papers?
* Is the chair comfortable enough – but not so comfortable that I’ll fall asleep?
* Is there fast wi-fi/ethernet here? Do I actually need it (you might be less distracted without it)
* Are there outlets for my laptop? (again – do you really need them? Not having one might force you to work faster)
* Do I have enough screen space for computer work?
* Is there a place nearby where I can get a snack?
* Is the lighting adequate?

1. **Level of isolation**: “How lonely is it?”--Different people will find differing levels of isolation that work best for them.
2. **Noise type/level**: What type of noise do you prefer – music (what type?), white noise, or total silence? What volume level works best for you? [Current study playlist](http://open.spotify.com/user/thomasfrank09/playlist/5yXYp3zaMm5pNsBL63Vcpf), for white noise [RainyMood](http://www.rainymood.com/) and [SimplyNoise](http://simplynoise.com/" \t "_blank)

**Resource**

**THOMAS FRANK**: [How to Study for Finals](https://youtu.be/qWUUP5p0Auo) (<https://youtu.be/qWUUP5p0Auo>)

**Prepare Your Body and Mind**

Let’s S.E.E. how you are doing?

**S**leep

Getting good sleep – and enough of it – is essential to doing well on your finals and not getting enough will:

* Negatively impact short AND long-term memory
* Kill your mood and emotional well-being
* Cause actual health problems

**E**ating

The type of **fuel**you put into your body will determine the energy levels you’ll be able to get out of it.

* Sugar and caffeine won’t really help you to focus. All they’ll do is give you a short high, followed by a not-so-productive crash (and [they might be addictive](http://www.marksdailyapple.com/your-brain-on-junk-food/#axzz2ECeA4eLP) as well)
* Foods that can give you some extra brain-power:
* **Berries** – like strawberries, blueberries, and raspberries – are great brain foods. Many of them are loaded with anti-oxidants and will help keep you sharp.
* **Nuts –**like cashews, walnuts, pecans, and almonds –A handful of these mixed nuts will give you a needed dose of omega-3’s, magnesium, phenylaline, and choline – all important for brain function.
* **Eggs –**besides just being one of the best foods ever, eggs are also loaded with choline and anti-oxidants (eat the yolks too, and [don’t believe the cholesterol scare stories](http://www.marksdailyapple.com/eggs/#axzz2ECeA4eLP))
* **Broccoli –**whether you like it or not, the stuff’s loaded with Vitamin K, which is essential for brain functioning.
* ***HYDRATE*:** Lastly, make sure you’re drinking enough water. Your brain sits in a bath of liquid, and being hydrated is what keeps it functioning well. Try to drink **at least two liters a day**, and you’ll keep your brain in tip-top shape

**E**xercise

It’s been proven that [regular exercise keeps your brain functioning well](http://www.marksdailyapple.com/the-fit-brain/#axzz2ECeA4eLP). Not only will this leave you feeling better, but it’ll also probably help you to study faster and retain more information

## Ask Questions and Request Help When You Need It

* Get a study buddy from classmates who clearly master the material
* Become the Professor: go into a room and practice teaching the material, with someone or by yourself.
* Ask teaching assistants or tutors.
* Ask your instructors during office hours. If your schedule conflicts with the instructors’ office hours, send e-mails to set up alternate times. Instructors are there to help you understand the subject, and by asking questions you show them that you care about the material as well as your grade.

## Stress Less

* If you are prepared, you won’t have as much anxiety.
* Plan well, structure your time appropriately and believe in yourself.
* Take a walk or breathe deeply.
* Take a catnap to refresh or relax with a cup of tea and a good book.
* Reward yourself for setting goal and achieving it: (example) I will study for 1 hour THEN do something to celebrate. Maybe, a cookie, favorite Netflix episode or ***DANCE PARTY***!

**\*\*Remember that feeling calm and centered will allow you to bring out your best for the final exam.**