

Finals Week Survival Guide

The most stressful week of the semester is here, the moment that students across the country dread... finals week. It's the one thing separating you from truly enjoying the holiday season, but I'm here to tell you that you can do it! To help you get through your finals I have compiled a list from several sources across the web with some of the best finals tips I could find:

1. **Start Early:** Information studied multiple times over long stretches of time is remembered better than information that is crammed the day before the test.
2. **50-10 Rule:** study 50 minutes of an hour and leave the last 10 to clear your mind and relax before starting the next round of studying. This keep you at your most efficient for studying without burning yourself out.
3. **Get exercise:** It's proven that 20 minutes of cardio a day can improve your memory.
4. **Eat foods high in antioxidants:** The food you eat for up to a week before a test can affect your memory. Eating foods high in antioxidants and glucose gives your brain what it needs to perform at its best.
5. **Rotate Study Spots:** It's proven that studying the same material in different locations helps your brain to form more connections to the material making it easier to recall on test day.
6. **No All Nighters:** While it might seem like a good idea to stay up all night and get all the extra studying in you can it's actually counter-productive. When you don't get enough sleep your memory is negatively affected for up to 4 days after.



Now that you have a good idea of best finals practices you can start to create a strategy for your studying. Lucky for HSU students our campus has a plethora of resources geared towards helping students do their best during finals. Good Luck, and may the odds be ever in your favor!

All Semester

Oh Snap! Food Pantry - Tuesday, Wednesday, Thursday 9am - 11am & 2pm - 5pm, Friday 9am-11am & 4pm - 6pm - Rec and Wellness Center 122

December 8

Massage Drop-in Lounge - 12pm-2pm - RWC122
Playdough & Glitter Slime Workshop - 5:30 - RWC122

December 7-11

Wellness Week - 11am-3pm - NHE 205

Join the Latin@ Center for Academic Excellence, Rec & Wellness Center, and the MultiCultural Center for a full week focused on relaxation before finals. Enjoy aromatherapy, relaxing music, and mix your own herbal tea. Workshops focused on self care and wellness will be offered throughout the week.

December 9

One Breath Meditation Group - 5pm-6pm - RWC 124

December 10

DIY Journaling Workshop - 5:30 - JGC 324 Mad River Room

December 13-18

Finals Study Lounge - 10am-10pm - MCC

December 14

Annual Free Pancake Dinner - 7:45pm-11:00pm - J Cafeteria

December 14-18

Food for Finals Week - 11am until supplies last - NHE 205

Fuel up during finals week! the LCAE will be offering snack and refreshments Monday - Friday, Dec 14-18 starting at 11am until supplies last.

Sources

<http://thesocialu101.com/10-study-tips-for-final-exams/>

<http://blog.suny.edu/2013/12/scientifically-the-best-ways-to-prepare-for-final-exams/>