

Counseling Services TIPS

Surviving Finals Week

Finals week can be stressful, frustrating and can cause a person to be depressed. Following the list below can ease some of the pain caused by finals week.

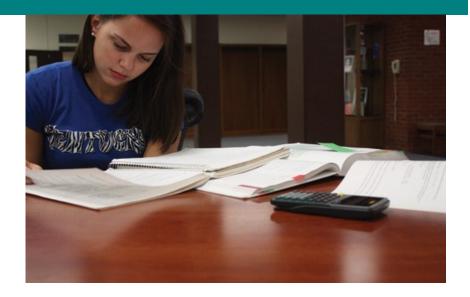
Counseling Services



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Surviving Finals Week

- 1. Do **NOT** procrastinate. Start studying now!
- 2. Schedule your study sessions.
- 3. Get enough sleep.
- 4. Have at least one balanced meal per day.
- 5. Refresh your memory early!
- 6. Make study guides!!!
- 7. Check with your professors early!
- 8. Test yourself using old quizzes and exams.
- 9. Use flash cards as study tools.
- 10. Do not focus too much on what you already know.
- 11. Take a five minute break from studying each hour.