

# 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.



## Surviving Finals Week

### Counseling Services



### COASTAL CAROLINA UNIVERSITY

Counseling Services  
P.O. Box 261954  
Conway, SC 29526-6054

Phone: 843-349-2305  
Fax: 843-349-2898  
[www.coastal.edu/counseling](http://www.coastal.edu/counseling)

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.