



# Tips for Finals Week

- 1. Great music.** What's that go-to song or album that takes you to your happy place? What's the music that inspires you? Pack it in your kit and listen to it often.
- 2. A laugh out loud movie.** Laughter is a great stress reliever. Make plans to watch your favorite funny movie with friends as a study break.
- 3. Food bribes.** Sometimes it helps to know that when you finish a chapter, that there will be a yummy treat waiting for you!
- 4. A reminder of your career goal.** Think about your long-term goal of graduating from nursing school. Times may be hard right now, but it'll be worth it in just a few short years.
- 5. Get SLEEP.** Don't believe the theory that you can pull "all nighters" or even sleep 2-3 hours per night and get good results. Everyone is more stressed when they are tired. Little issues become big ones. Start studying earlier if that's necessary to get some necessary shut eye.
- 6. Manage your caffeine.** Caffeine is a great tool during finals — in moderation. Too much will make you jittery and make it difficult for you to concentrate. Don't knock down Red Bull after Red Bull or a two liter bottle of Mountain Dew in one sitting. Also, stop caffeinating at least a few hours before you try to get some sleep.
- 7. Enjoy non-sugar snacks.** Any protein is great. Many experts believe that protein will help your brain function better. Sugar without protein will typically lead to "crashes" — and that will seriously diminish your ability to focus.
- 8. Find a study place away from both friends and classmates.** There's nothing more stressful than when people bother you when you're trying to study. This is not a social time. Do not do what works for your roommate. Do what works for you. You can be social after finals. Also, classmates who want you to "tutor" them or to borrow your notes are not your primary concern and can drive your stress level higher if you must deal with them.

As always, free snacks are available during Finals Week in the Student Lounge!