

Study Tips For Exams

Don't stress...Do your best!

Smile

Laugh

Eat healthy

Exercise

Power nap

Mid-Terms & Finals Survival Tips

Handwriting notes on paper helps you retain more information rather than just highlighting.

Moving study locations can help you refresh your mind when it starts to lag.

Drink lots of water-dehydration can impair cognitive functioning & mental performance.

Study in a group

Use flashcards

Take a practice test

Listening to classical or instrumental music while you study can help keep your mind focused.

Meditation improves focus

10 minutes of walking improves focus for up to 2 hours afterwards.

Chewing mint gum helps increase concentration.

Take a 5-minute break of deep abdominal breathing & stretching while studying to help relieve tension and calm the mind.

Get your study snacks right-Foods high in sugar & Caffeine heightens stress.

Sleep!

Talk to a teacher, counselor, parent or friend for support.

Eat brain foods like fish, blueberries, pumpkin seeds, sunflower seeds, pistachios, dark chocolate.

Green tea helps lower the stress hormone cortisol.

GO CONQUOR! DON'T CRAM FOR THE EXAM!