Finals can be the most stressful time of the year, but there are ways to survive and thrive during finals week as a college student! Here are some tips to help you successfully get through finals week and finish strong. The degree will be worth it!

1) Don’t procrastinate! Get started early and do a little studying each day rather than cramming.

2) Attend the review sessions. Faculty want the students to succeed, so there is a reason they are taking time to provide a review session.

3) Take study breaks—take time for eating, sleeping, physical activity, and something fun. During a study session you should get up and move at least once every hour.

4) Stay well rested. Studying is important, but so is sleep. Prioritizing an hour of sleep over that last hour of studying may be more beneficial. Our brains need time to recover!

Mother’s Day is May 19. Don’t forget to tell that important female figure in your life how much she means to you! This can be your mom, grandmother, aunt, or a woman that you look up to. A kind message, phone call, letter, or flowers are great ways to show her how much you appreciate her!

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