

STEPS FOR MANAGING STRESS DURING FINALS WEEK

01

Reframe your thoughts:

SHIFTING YOUR FOCUS FROM FAILURE TO SUCCESS CAN LEAD TO POSITIVE OUTCOMES. FOCUS ON WHAT YOU CAN DO AND REMIND YOURSELF OF ALL THAT YOU HAVE BEEN ABLE TO ACHIEVE.



02

Make a plan:

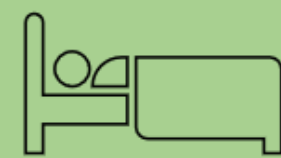
CREATE A STUDY SCHEDULE, MINIMIZE DISTRACTIONS, AND SIMPLIFY YOUR STUDY GUIDES. THIS HELPS TO REDUCE STRESS AND IMPROVE MEMORY RETENTION.



03

Get enough sleep:

MAINTAIN A HEALTHY SLEEP ROUTINE. CRAMMING THE NIGHT BEFORE THE EXAM CAN INCREASE STRESS LEVELS AND LOWER MEMORY RETENTION AND RECALL.



04

Use calming techniques:

THERE ARE MANY DIFFERENT STRATEGIES TO REDUCE STRESS, SUCH AS PRAYER, MEDITATION, AND DEEP BREATHING. FIND A METHOD THAT WORKS FOR YOU AND PRACTICE IT REGULARLY.



05

Seek help:

IF YOU DON'T UNDERSTAND THE MATERIAL SEEK HELP FROM YOUR TEACHER, TUTOR, CLASSMATE, OR TRUSTED ADULT. YOUR SMCHS COMMUNITY WANTS TO SEE YOU SUCCEED.





TIPS TO HELP PREPARE FOR EXAMS

Exercise

Light exercise can help clear your mind, improve your mood, boost your concentration, and help you retain the information you've learned.



Sleep

Getting 7-9 hours of sleep each night can help improve your mood, physical health, and overall mental sharpness (i.e. attention, memory).



Minimize distractions

Distractions can reduce your attention span and take time away from your studies. Giving your phone a small break can help you prepare for your exams.



Practice relaxation skills

There are many different strategies for reducing stress, such as prayer, meditation, and deep breathing. It also helps to reframe your negative thoughts into positive ones. Find strategies that works best for you and practice them daily.



Create a study plan

Create a plan to prepare and review for your exams. It can help you make the most out of your study sessions.

Be sure to schedule in some breaks, review your study guides, and use creative ways of simplifying the information you've learned (i.e. mnemonic strategies, rhymes, etc.).

Feeling prepared can help boost your confidence on the day of the exams.

