



Planning Finals Week: The Essentials

Feel like there's so much to do, so little time during finals week? Here are some tips and strategies for making the most of your class-free days and making a plan for getting it all done.

1. Be specific

To be efficient, be specific with your plan. Writing "Biology, Chapter 8: Problems 22-26" is far more useful than writing "Study biology." You're also more likely to complete something if there is a time associated with it.

2. Be strategic

Try mapping out your alertness levels throughout the day to get a better sense of when you work best. Without any classes to interfere with studying, it's easier to schedule studying during those times you're most alert.

3. Break things into chunks

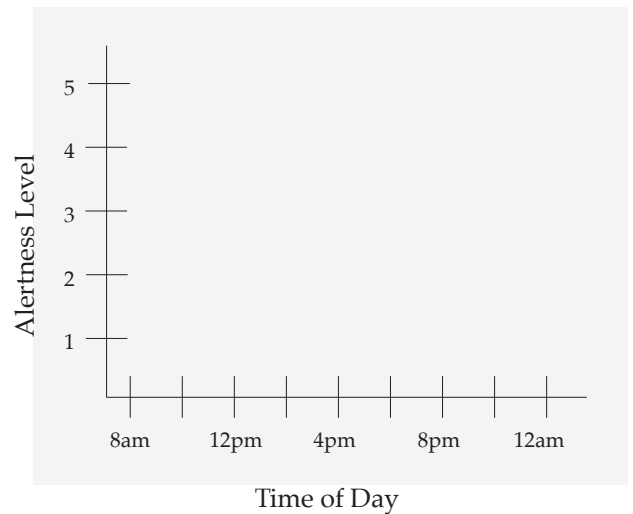
Research shows that concentration levels drop off after 45-60 minutes of focused work. After that, your brain isn't working as efficiently as it was when you started. Take regular breaks so your brain has a chance to relax and start fresh for your next study session.

4. Schedule your breaks

Plan 2-3 breaks/self-care activities into your week that are at least 30 minutes and that are restful for you. These activities are in addition to scheduling your shorter study breaks after focused work.

5. Don't pull all-nighters

According to the National Sleep Foundation, being awake for 18 hours is equal to a blood alcohol concentration (BAC) of 0.08%, which is legally drunk. Who'd want to take a test in that state?



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Deadline Calendar*



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