

# How to cope with midterms/finals seasons

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It feels like the school year has just started, but—midterms season and final exams are just around the corner. But fear not! There are different tips and tricks for dealing with stress during the midterms and finals seasons.

## **Create a manageable study plan and break it down**

Write a to-do list, whether it's the lecture recordings and slides to review or the textbook pages that have yet to be read. Organizing and putting down on paper the steps needed to ace that exam will make studying less stressful and keep you on track. But remember, things happen, and a rigid plan will add extra stress to this already stressful time. So, I encourage making a plan with flexibility!

## **Change the studying environment**

When things become overwhelming, and it feels as though your brain isn't absorbing information, try changing the environment and studying somewhere else to freshen things up. Studying in a different library or a different spot in your regular library, booking a study room on campus, exploring the city and going to a new aesthetic cafe or studying at the dining table rather than the desk in your room can be a good idea. Sometimes, a new, fresh environment is needed to avoid burnout and make studying more enjoyable.

## **Remember, breaks are important!**

I know... things are piling up, and every day counts. It seems like there is absolutely no time to rest. However, a five-minute break between the study sessions can actually help; a little break allows the brain to absorb information better.

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It might also feel alright to pull all-nighters right before the exams to grind and get as much information in your brain as possible. However, numerous studies have shown that getting enough sleep is very important, especially during exam seasons. Not only does sleep help with focusing and thinking clearly, but it also helps to consolidate the information you just reviewed.

## **How to cope with bad midterms/finals?**

Coming out of the exam room worrying that you butchered the exam, or getting a grade back for one of the midterms only to realize that you did worse than you expected, is one of the worst feelings ever. But don't be defeated! Life is not all about grades; the learning experience is just as valuable. Don't panic, and try reflecting on your current study plan and habits to see what isn't working. Usually, midterms are also not the only grades that count, as there are other assignments and finals that will count toward the actual grade for the class, so you do have other opportunities to improve! If this is too hard, try talking with a professor or teaching assistant (TA); they have been through this and might be able to help! Remember to stay positive and try not to dwell on it too much –perhaps practicing self-care can help!

## **How to cope with exhaustion after midterms?**

Finishing midterms is exhausting, but your work is not over. Classes are still in session, and finals are rolling, but it's hard to get it together to continue to grind. It happens to the best of us, and that is an excellent indicator that recovery time needs to be planned. It is only with sufficient rest that productivity can be fully maximized.

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Recovery sessions don't have to take a full day if that is uncomfortable. It can simply be a two hour movie, hanging out or a nap recovery session, basically anything that provides you energy and happiness!

Now, take a deep breath and know everything will be alright. Study techniques, environments and breaks are essential during exam periods. Knowing how to cope with exams will soothe the stress that they bring. Hope you enjoyed this blog post and found that this is somewhat helpful!

