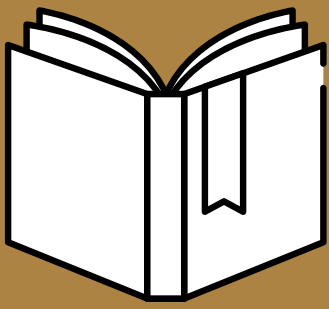


REALITIES OF FINALS AND HOW TO PRACTICE SELF-CARE

PRACTICING MINDFULNESS DURING A STRESSFUL PART OF THE SEMESTER

by Natalie Ziemba



The end of the semester can be extremely stressful for students.



Identify the aspects of finals that are the most stressful for you and indentify ways to minimize your stress.

The amount of end of semester projects, presentations, papers, and exams can be overwhelming.

Make a list of all of the assignments and due dates to help you stay organized and prioritize assignments to complete first.

It can be really difficult to take care of yourself while you are spending so much time studying and preparing for finals.

Make sure you incorporate time to eat, drink water, take study breaks, and unwind during your study time. You can't perform your best if you feel drained!

It may feel like the grades you receive for your classes will determine your future success.

As important as it is to have the goal to do well in your classes, it is important to remind yourself that your grades do not define you and your potential.