



KEEPING YOUR HEAD ABOVE THE WATER: TIME MANAGEMENT, STRESS, & FINALS

Final exams are stressful enough, but adding remote learning and a pandemic can make it feel like you're drowning in work. This week's Newsletter focuses on time management and healthy coping skills for stress and anxiety. It is important to remember to take care of yourself and practice self-care, especially around final exams.



Time Management & Study Skills

Don't:

- ✗ Avoid procrastinating - it will only worsen anxiety and create more pressure when studying
- ✗ Avoid distractions - this can include your phone, social media apps, tv shows, and background music

Do:

- ✓ Create a study schedule
- ✓ Put your phone on Do Not Disturb to avoid distractions
- ✓ Organize schedule based on what is urgent and what can wait
- ✓ Find a quiet (and clean!) space where you can focus. Tell family/friends around you when you are studying so they know to not distract you.
- ✓ If you work better with others - organize a Zoom Study Session

