

The Insider: 4 ways to de-stress during finals

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Final exams can be the happy culmination of a college semester, unless, of course, you're prone to viewing exam week as a stressful event. Today's Insider offers a few options to help you get through exams with less stress.



1. **Get organized** ? Tackling 12-or-more hours of course work at once will likely overwhelm you. Before you begin studying, make note of your exam dates on a calendar and write down your plan of attack. Be specific by blocking off the times you'll eat, break and exercise* in addition to time you'll spend studying.

* The Diboll Mind & Body Studio across from the Reily Recreation Center will offer various 20-minute "mini" classes on Thursday (Dec. 15) aimed at reducing stress and increasing awareness. Classes will be held between 4:30 and 6:30 p.m. Healthy snacks and refreshments will be served.

2. **Positive affirmations** ? Saying (and believing) that you will do well can decrease your stress. Less stress can lead to better test performance.

3. **Go to sleep** ? If you're dozing face down in your textbook, it's time for a break. Reading while exhausted often results in absorbing less material than you think you are. Be proactive by sneaking in 15-minute power naps.

4. **Make post-exam plans** ? Look beyond your exams to what's coming next. If you plan something exciting with family and friends, you can use it as incentive to get through this rough time. If you prefer more personal rewards, create a plan that has specific prizes. For instance, a 3.5 GPA could result in a new pair of jeans and a 4.0 GPA could mean a relaxing day at a spa!

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