



Stress Free Exam Preparation!

Eliminate your distractions;

When you are studying, shut the door, put your phone away, turn off the TV and simply focus on the task at hand. Doing this will reduce the amount of time it takes to study and you will be able to use the time you saved to do something for yourself.

Create a plan weeks in advanced;

Having a plan will allow you to feel more confident that you are staying on scheduling with studying. You won't be rushing and cramming the week before the exam. You will feel confident and prepared for your exam while everyone else is scrambling.

Schedule a time slot for your studying;

And do not study over the time you gave yourself. Your sanity is more important than how much time you spend reading your textbooks.

Make a list of 2-3 things you must do for yourself in a week;

If you know you're the type of person that needs to stick to a set plan and feels guilty for straying from their schedule, put your free time into your schedule. If you like going to the gym and hanging out with your best friend, put those things into your weekly plan and don't skip them.

"Studying" should not be the first item on your list;

Start your day by completing a simple task, like making your bed or washing your dishes. Plan to do your most dreaded task (aka studying) second. You will start your day by crossing off something on your list that doesn't take much time or effort at all. This will make you more confident for completing your tasks that follow.

Contact us:

Phone: 519-452-4477

studentwellnesscentre.ca

**Come to the Fanshawe Student Wellness Centre!
Try a group exercise class or come in for a workout!**