

# SWAG'S TIPS FOR TAKING FINAL EXAMS AT HOME



## Prepare a Study Space

Choose a quiet, comfortable place that makes it easy for you to attend class and complete assignments. Avoid using your bedroom as your study spot. Remember that your bed is a place where you sleep, not study!



## Eliminate Distractions

While studying, put away all devices that may be of distraction to you. This includes cell-phones, televisions, and video games. If necessary, place them in another room or loan them to a housemate until you are finished studying to eliminate any temptation to use them!



## Maintain a Sleep Schedule

Although it can be tempting to pull an all-nighter studying or to binge watching a favorite Netflix show, sleep can be a defining factor in productivity and performance. Make sure you get an adequate amount of sleep to ace your exams!



## Nourish Your Body

Take a study break and fix yourself a healthy snack! Research shows that the best foods for brain power are those that protect the heart and blood vessels. These include green veggies, berries, tea, and walnuts! Make sure to stock your kitchen with these goodies!



## Take a Break

Taking the time to do something that helps you relax is a great way to cope with and manage the stress that often comes with final exams. Take a walk outside, spend some time with your dog, watch an episode of your favorite series!



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