1. Don’t Cram! 😳
Cramming is NOT the best way to study, especially if you need sleep. Instead study every day for short periods of time. Writing out a schedule will help!

2. Manage Your Time! ⌚️ 📅
Have a plan and prioritize each day. Based on your due dates, make one day your "History" day and another your "Biology" day. It'll keep the info fresher and help with a sense of accomplishment as each gets completed! Or, spend more time on your harder subjects early in the week for more practice.

3. Get your Sleep! 😴 ☿
Night Owl? Early Bird? Either way, you need sleep! Turn off your devices except an alarm. Schedule naps if you need them. Your brain actually processes information during sleep, so naps are a better use of time than zoning out on your phone.

4. Eat... Breathe... Stretch... Play... 🥗 ⏰ 🏋️
Take care of your body and mental health. Take time for meals, treats, a walk, exercise, a friendly chat, a long shower, or a favorite game (maybe set a timer!)

5. ASK for Help! ⚠️ 😞
Reach out when you need help! SSR staff and tutors are still available. Have someone you live with quiz you. Explain the information out loud to your pet or a toy! Sound silly? Yes!, but if you can explain it you’ll know you understand it.

For more great advice, watch this video* from Jenna Gruwell, Masters of Occupational Therapy Graduate Student, working in SSR.

We’re here for YOU!

*Video link: youtu.be/XjKxNNtLI4