CSD Accommodations Coordinator’s Guide to Studying for Final Assessments:

Students, it is time for the main event. What you have been preparing for all semester.

1. **Strategize:**
   a. **Give yourself enough time to study.**
   b. **Set a daily schedule and study in chunks of time rather than cramming for long hours at a time.**
   c. **Set up an inspiring place to study.** Create your scene.
   d. **Remember to take breaks!** Make sure it’s not too long and not too short. A good rule of thumb might be: 50 minute studying, 10 minute break.
   e. **Drink water and have some healthy snacks at the ready!** Dark chocolate is a good treat to have on hand.

2. **Exercise before you sit down for the Long Night (or day).** This will get your blood pumping and your endorphins cheering you on!

3. **Don’t just skim through your textbooks or notes;** make note cards, re-write your notes, make outlines- Writing things down multiple times can help with memorization and recalling the information later on.

4. **Teach someone else the material you are learning.** If someone is at home with you, try teaching them about the things you are studying.

5. **Definitely make sure you get enough sleep.**

6. **Put on sunscreen...** wait that’s a different list. Probably a good thing to do anyway. I mean you are getting outside to take a break from studying, right? RIGHT?

7. **Strike your superhero pose right before the exam!** There is a reason superheroes do this before they spring into action.

As I always say, Good luck—–you’ve got this!!