#1: **Time Management:**
When one delegates their time wisely, the workload becomes less overwhelming. Decide what needs the most attention and take care of that before anything else.

#2: **Workout**
Contrary to popular belief, working out does not make you more tired— it makes you more alert. Take a run, take a swim or take a walk and then tackle your studies.

#3: **Don’t Study Too Long**
Seriously, don’t study too long! When your brain is overwhelmed, it gets tired and no one wants to feel that way during finals. Set aside an hour (or two) for your schoolwork and then give your brain the rest it deserves.

#4: **Eat Brain Food**
Fruits and veggies are the best energy boosters out there! Fruits contain natural sugar that will energize you without the crash and vegetables are just plain healthy!

#5: **Study the Way You’re Going to Take the Test**
Train your thoughts to work according to the format of the test. If your exam will be in essay format, then challenge your writing skills with a practice essay.

#6: **Get a Good Night’s Sleep**
A little R&R goes a long way. Let your mind process what it has learned and then sleep on it. You will be surprised at how much information it will retain.

#7: **Find Study Partner(s)**
Seek out a person or two who will be as serious

#8: **Get Help From CASA**
Our doors are always open! The priority of our tutors and S.I. leaders is to make sure a student gets the assistance and walk out feeling more confident.

#9: **Chunking or Organizing Your Notes for Study**
Color code your notes; make flashcards; make color coded flashcards. Do whatever you feel will help you remember your material.

#10: **Don’t Cram**
Cramming is one of the worst things you could do to yourself. Start studying a good couple of weeks before the exam. You won’t regret it!
#11: Address Any Issues of Which You Are Still Unsure
Talk to your professor, tutor or mentor if there are questions that need to be examined. Being prepared as much as possible is crucial if you want to do well on your exams.

#12: Minimize Partying and No All-nighters
Save the parties for after finals. If anything, completing your finals gives you a reason to celebrate! All-nighters are right up there with cramming in the study no-no department. Study consistently a couple of weeks in advance and you will be more than prepared.

#13: Review Homework and Previous Exams
This is particularly helpful if the final is comprehensive. If something is important enough to be in homework or in a previous exam, odds are it will be on the final. Again, there is nothing wrong with being prepared!

#14: Work on Extra Material That Was Not Previously Assigned
It’s better to know it and not need it than to need it and not know it, right? This is a good exercise to further extend your knowledge of the subject at hand.

#15: Ensure You Have All Supplies Available to Complete the Exam
Bring what you will definitely need, such as pencils, erasers, scantrons and bluebooks. It is not a bad idea to grab what you will possibly need, like extra pencils and spare paper.

#16: Calculate Your Class Grade and do Any Extra Credit Material
This is particularly useful when the class centers around a difficult subject. If you are unsure of your class performance, take advantage of the extra credit options. Extra credit can mean the difference between failing and passing.

#17: Know the Material for the Exam
Don’t wing it! Consistent study time may be viewed as a stress reliever because you know the exam will be nothing you cannot handle.

#18: Be in a Proper and Comfortable Environment
Find a place where you are at your most relaxed, whether that place be your home, a restaurant or the beach. If you are in a happy place physically, you will be in a happy place mentally, as well.

#19: Create a Well-Filled Calendar
Having a plan for even the day can’t hurt. If you study best in the mornings, schedule your study time for the mornings and restrict any external distractions.

#20: Cram as a Last Resort
Life happens, right? Other priorities come up. If cramming is your ONLY option, then it is better than nothing.