Happy Holidays!
... Oh wait. Just kidding.

Tips for Surviving Finals!

Make a study schedule!
• Make a list of all final assignments.
• Estimate how many hours you need to get everything done.
• Write down exactly what you plan to do during that time.

Take Breaks!
• Nap, Cook, Exercise, Shower, Spend time with Friends
• Do something good for you!

Stay hydrated and Eat well!
• Caffeine dehydrates you!
• Junk food gives less fuel for your studying body. Try healthy snacks instead!

Exercise!
• Exercise releases endorphins, which make you feel better!
• Working out your body alleviates stress on the mind.

Reach out!
• High stress can lead to conflicts within your rooms.
• To avoid conflicts with your roommates and friends, try talking with the MRC!

Is your stress level making your living situation worse?
Talk to us. mrc@montclair.edu