

# Finals Preparation Guide Spring 2024

Academic Wellbeing • Sadler Center 184 • 757-221-1327

<b>Date</b>					
Friday, May 3 <sup>rd</sup> Last Day of Classes					
Saturday, May 4 <sup>th</sup> Reading Day					
Sunday, May 5 <sup>th</sup> Reading Day					
Monday, May 6 <sup>th</sup> Exams					

<b>Date</b>					
Tuesday, May 7 <sup>th</sup> Exams					
Wednesday, May 8 <sup>th</sup> Exams					
Thursday, May 9 <sup>th</sup> Exams					
Friday, May 10 <sup>th</sup> Exams					

<b>Date</b>					
Saturday, May 11 <sup>th</sup> Reading Day					
Sunday, May 12 <sup>th</sup> Reading Day					
Monday, May 13 <sup>th</sup> Exams					
Tuesday, May 14 <sup>th</sup> Exams					

## Exam Prep: Managing Anxiety

### **Eat and sleep!**

It is really great to plan out the end of your semester, but all of your great plans won't happen unless you are also making sure you are staying healthy too. Remember to eat and sleep, even if you have to schedule time to do so.

### **Calming breathing:**

In thru nose, out thru mouth; lift ribcage out, sink ribcage in; shoulders down – focus on your breathing. It is recommended that you do this exercise every hour on the hour for just 30-60 seconds. “Breathe energy in, breathe tension out.”

### **Grounding yourself in the present moment:**

In your head list:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This will help you to refocus on your current surroundings and tasks and get out of the anxiety in your head.

### **Perspective skills:**

Think about the big picture things:

- Everything will be okay
- How much does this one exam truly matter in the grand scheme of my life?
- Will this matter in a month, a year, 10 years? If not, try to not stress yourself out too much about it. It is easier said than done.

### **Being realistic:**

Don't be too negative or unrealistically positive. Note your challenges and plan for ways to overcome them with actionable steps. Try to be kind to yourself and to set realistic and measurable goals. Reach out for help. Faculty and staff are here to help, so please reach out early if you need assistance.

**Be the best you can be on *this day, under these conditions, given this amount of preparation.***