

Coping with Finals Stress

Friday, December 1, 2017



The final weeks of the semester are here. With them come more assignments and exams, projects and presentations to prepare for and complete. It can feel overwhelming during this time, but paying extra attention to coping with stress can make things easier. Here are some [tips](#) for how to succeed and finish the semester strong.

Craft a study plan

Creating a plan for how you'll get everything done can make the final stretch a little more bearable. Whether making a study schedule, working a little on each assignment every day for a week before they are due, or something else, [preparation](#) can help you feel less frazzled. Do whatever study strategies work best for you.

SERIES: [UNH TALES](#)

 [SUBSCRIBE TO THE UNH TODAY NEWSLETTER](#)

 [SUBSCRIBE TO UNH TODAY RSS](#)

RELATED LINKS

[Healthy Eating on the Go: Tips and Recipes](#)

[What's Cooking, 'Cats?](#)

[Mindfulness: What's the Hype?](#)

[Outdoor Recreational Opportunities for UNH Students](#)





Live well

Healthy living, which includes eating and sleeping well, in addition to making time for exercise, is especially important during finals week. [Eat to stay energized](#), but not so much that you want to fall asleep in the middle of your exam! Make sure you get enough sleep to feel well-rested. Also, try to fit in some time to move during the day. [Exercise](#) can help clear your head and keep you focused when studying.

Make time for fun

Even though you have a lot of assignments, that doesn't mean you can't make time for fun. Find time to hang out with friends, go to an event, walk around campus or cheer on the Wildcats at a game. The options are endless. [Taking a break from studying increases productivity](#), so make plans and try to stick to them.

[Health & Wellness](#) is offering [finals stress-relief events](#) on Dec. 11 and 12 from 5–8 p.m. at [Thrive](#) in the Hamel Rec Center. Stop by for a break.

Good luck — you've got this! Winter break is almost here!

WRITTEN [Kate Springer '18](#) | Communications and Public Affairs

BY:

UNH TALES

RELATED ARTICLES



August 28, 2020 | PETER T. PAUL COLLEGE OF BUSINESS & ECONOMICS

New Paul College Associate Dean For Undergraduate Education Named



September 3, 2020 | PAUL PERSPECTIVES

Optimizing Capacity for Demand



September 3, 2020 | PAUL PERSPECTIVES

Shared Leadership Pays Dividends



University of New Hampshire

UNH Today is produced for the UNH community and for friends of UNH.

The stories are written by the staff of **UNH Communications and Public Affairs**.

Email us: unhtoday.editor@unh.edu.

MANAGE YOUR SUBSCRIPTION **CONTACT US**



UNH Today • UNH Main Directory: 603-862-1234
Copyright © 2022 • TTY Users: 7-1-1 or 800-735-2964 (Relay NH)

[USNH Privacy Policies](#) • [USNH Terms of Use](#) • [ADA Acknowledgement](#)

