

# WE ARE A COMMUNITY OF CARE

## TIPS FOR FINAL EXAM SEASON

- Start studying early! It leads to improved retention of material.
- Try using timers for study time and for planned breaks.
- Plan for getting sleep! It improves cognitive performance.
- Be kind to yourself, even during finals. Use encouraging self-talk, like you would for a friend.
- Connect with your community of care! Asking for help is both okay and necessary.

**Study. Eat. Sleep. Take time for self-care. Repeat.**

For more strategies and ideas, visit:

Counseling & Psychological Services

[sacd.sdsu.edu/cps/self-care/self-care-strategies-and-skills](https://sacd.sdsu.edu/cps/self-care/self-care-strategies-and-skills)

