Avoid the Nightmare Before Exams

Attend Office Hours!
Check your professor’s syllabus for office hour times.

Create a Study Plan!
Designate blocks of time & a specific space for studying.

Use the Tutoring Center!
Make an appointment for help with almost any class.

Take Breaks!
While studying, it’s important to rest your brain when needed.

Rest & Eat Well!
Aim to set yourself up for success.

Find a Study Group!
Reserve a group study room in the library.