Helpful Tips for Finals from the Counseling Center

1. Remember to breathe deeply to center yourself throughout studying and your exam experience. Notice that we can become grounded through breathing from our body’s center, as though a balloon is expanding and contracting in rhythm with your breath.

2. Remember the importance of sleep. Through sleep, we consolidate our memories, often allowing ourselves to be more in the present with memorized material at a later time. Aim for at least 7-8 hours of nightly sleep throughout this finals period.

3. Keep in perspective that our thoughts, feelings, and physical sensations are time limited, especially when we simply observe them, and let them go. Typically, thoughts, feelings, and physical sensations pass naturally in 15-20 minutes when we avoid magnifying these experiences with worry, hopelessness, hyperventilation, thoughts that we cannot be successful, or other upsetting experiences.

4. Consider making a Daily Activity Log to allow yourself to track your achievement oriented and enjoyable activities throughout the course of each day, hour by hour. During this finals period, it may be best to allow extra time for achievement oriented activities, such as writing academic papers and studying, than what is typical for you during a slower time of the year.

4. Set healthy boundaries with friends, family, work, and other activities to allow yourself sufficient time to study for each of your academic courses. We can also set healthy boundaries through taking short breaks (e.g., 15-20 minutes) to drink some water, go for a walk, stretch, meditate, or engage in other helpful activities.

5. Practice mindful relaxation. Please visit the following link to access our free relaxation recording and considering contacting the Counseling Center for additional support:

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