




Preparing for Finals/Stress Management

By: Academic Success Center

Overview

- How to prepare for finals
 - Study Skills
 - Helpful resources
 - Stress
 - Symptoms of stress
 - Is stress good or bad?
 - What we do that adds to our stress
 - Managing stress
 - More!
- 

How to Prepare for Finals...

Time management

- Use a planner, calendar, or lists
- Avoid cramming for exams the night before
- Plan to write your papers/study for a couple hours each day
- Create your own due dates
- Avoid distractions
- Start NOW, don't wait!



Use Study Skills

Personal Skills

- Asking for assistance
- Setting goals
- Motivating oneself
- Finding interest in what you are doing
- Time-management
- Stress-management
- Maintaining a positive attitude
- Maintaining a healthy lifestyle



In-Class Skills

- Attending class
- Listening
- Effective note-taking
- Taking tests
- Group work
- Asking questions
- Participating in class discussion



Out-of-Class Skills

- Finding resources
- Organizing material
- Editing/Reviewing notes
- Reading effectively
- Writing
- Comprehending material
- Remembering
- Completing assignments
- Talking to instructors

Writing Stages

- Prewriting (Brainstorm/Outline)
- Research (Gathering Info)
- Writing (Drafting)
- Revising (Fix Content Issues)
- Edit (Fix Grammatical Errors)
- Do NOT plagiarize.



Helpful Resources

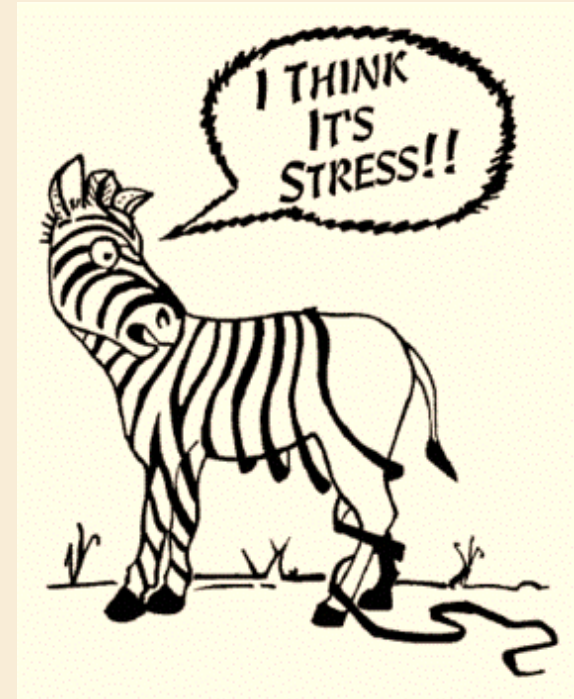
- Academic Success Center
- Writing Center
- Science Enrichment Center
- Cheng Library
- Purdue Online Writing Lab



**Finals time can be very stressful....
Let's talk about STRESS!**

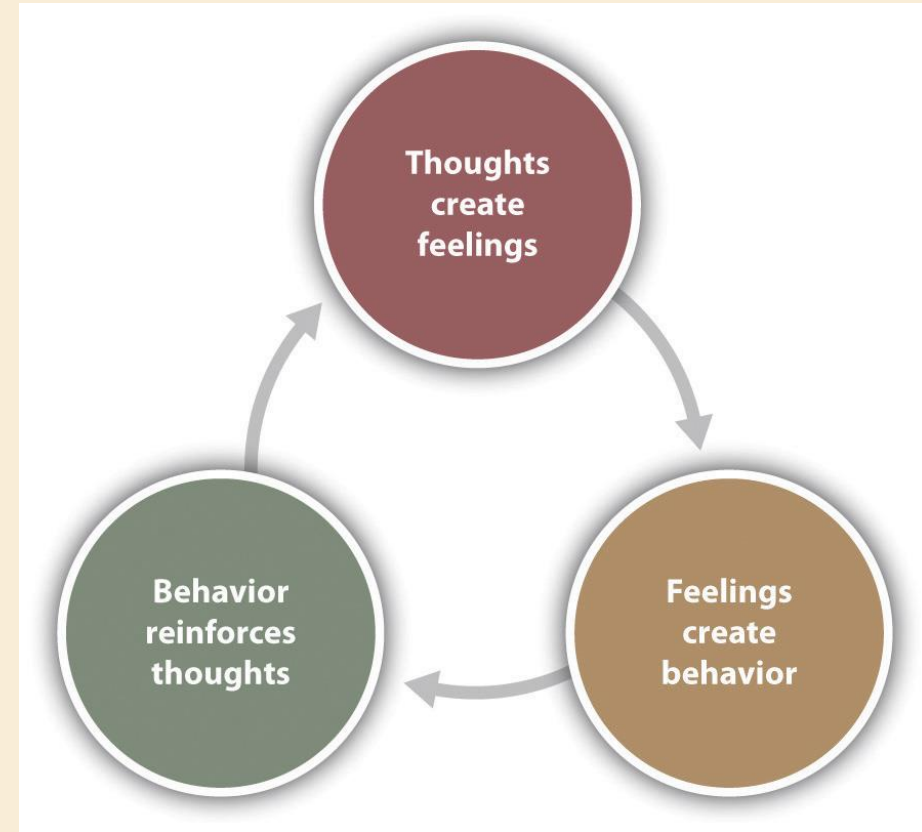
What is stress?

- Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood.
- Stress is part of everyday living
- It is not necessarily events that cause stress, but how we react to the events



Symptoms of stress

- Mental
 - Reoccurring thoughts
 - Low self-esteem
 - Fear of failure
 - Worrying about the future
 - Preoccupation
 - Feelings
 - Anxious, fear, irritable, angry



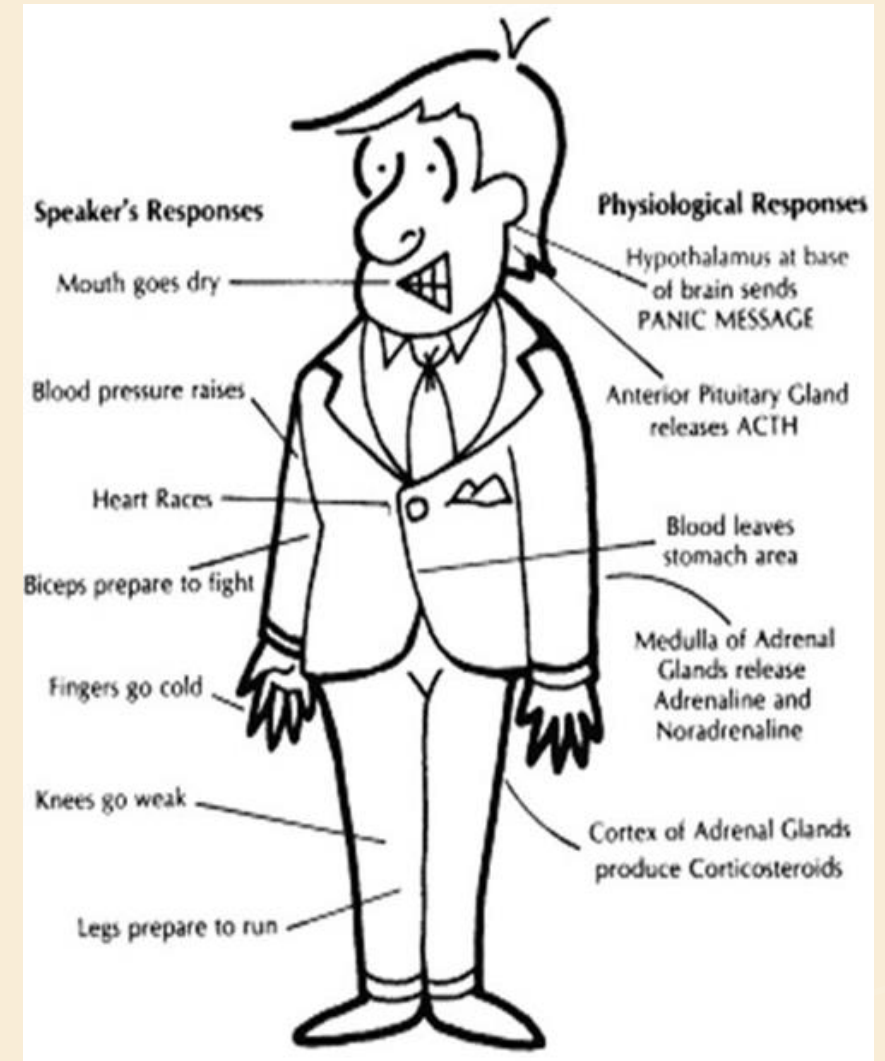
Symptoms cont

- Behavior
 - Sleeping difficulties
 - Acting impulsively
 - Increasing drug or alcohol use
 - Avoidance
 - Exhaustion
 - Unhealthy eating habits
 - Poor punctuality



Symptoms cont

- Physiology
 - Sweaty hands
 - Increased heart rate
 - Trembling
 - Tired easily
 - Blood pressure rises
 - Dry mouth
 - Butterflies in the stomach
 - Changes in eating patterns



Is stress always bad?

- Stress can be positive or negative
 - Positive stress:
 - Motivates us
 - Is short term
 - Is exciting
 - Improves our performance
 - Negative Stress
 - Does not go away-it builds
 - Can lead to problems such as lack of concentration, headaches, anxiety, fatigue



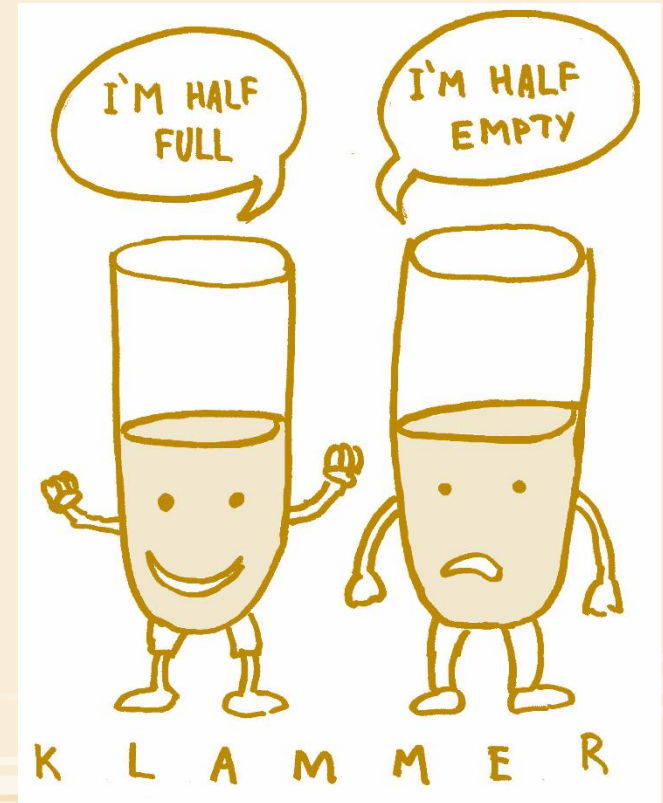
Things college students do to add stress:

- Stay up all night to study
- Loading up on caffeine
- Having “study parties” with your friends
- Waiting until the last minute-cramming
- Worrying about what is at stake
- Trying to work and go to school...Full Time



Factors that affect stress

- Individual perception of stress
 - How we look at things, can affect our response to stress
 - Are you optimistic?
- Your support network
 - Who do you have to support you?



Things that build stress

- Perfectionism
 - Are you a high achiever
 - Do you criticize yourself when your work is not perfect
 - Do you always feel you could have tried harder



Things that build stress

- Control
 - Do you have to be in control at all times
 - Do you feel lack of control is sign of failure
 - Do you have difficulty delegating to others



Things that build stress

- People Pleasing
 - Do your feelings about yourself depend on others opinion about you?
 - Do you avoid things because you are concerned about disappointing others?
 - Do you take better care of others than you do of yourself?



Things that build stress

- Confidence
 - Do you feel you will never be as good as others
 - Do you feel you lack common sense
 - Do you struggle to believe people that tell you have done a good job



What is stress management

- It is the ability to maintain control when situations (people, events, etc) cause us to feel stress symptoms



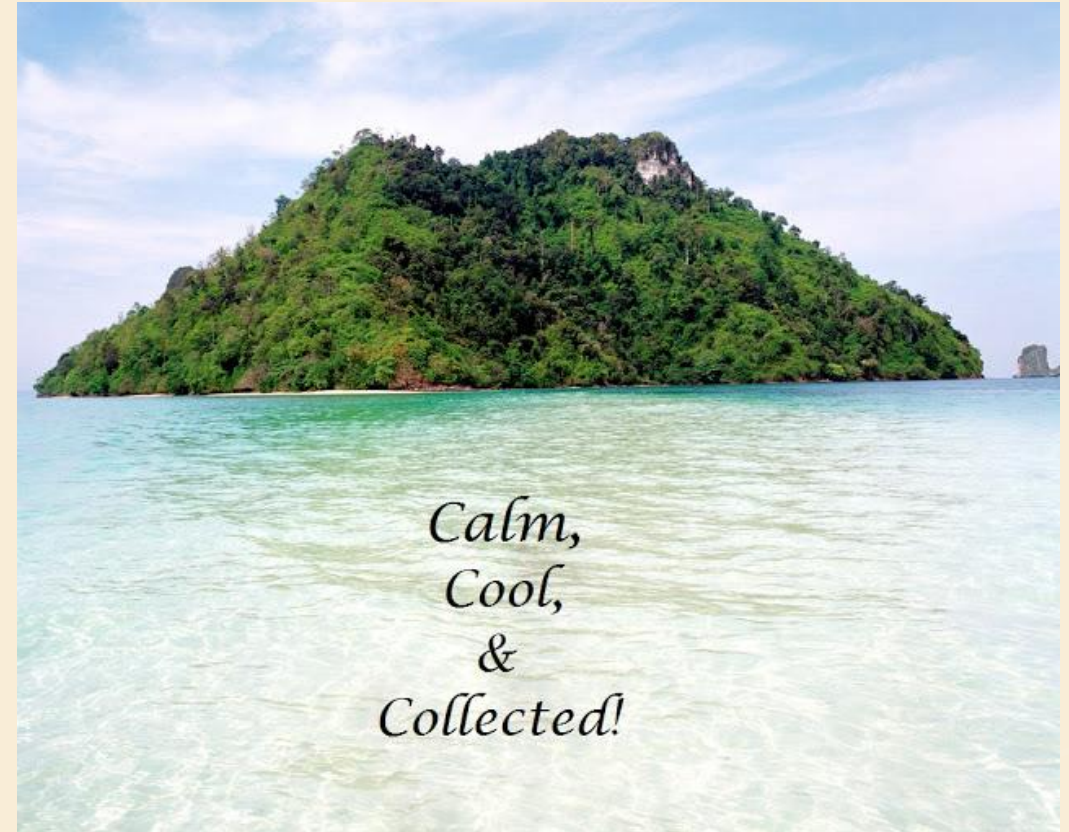
Managing Stress

- Change the situation if you can
- Remove yourself from the situation
- Don't sweat the small stuff
- Change the way you react to it-start small
- Avoid extreme reactions
- Get enough sleep
- Learn how you relax best
- Set realistic goals



Managing Stress

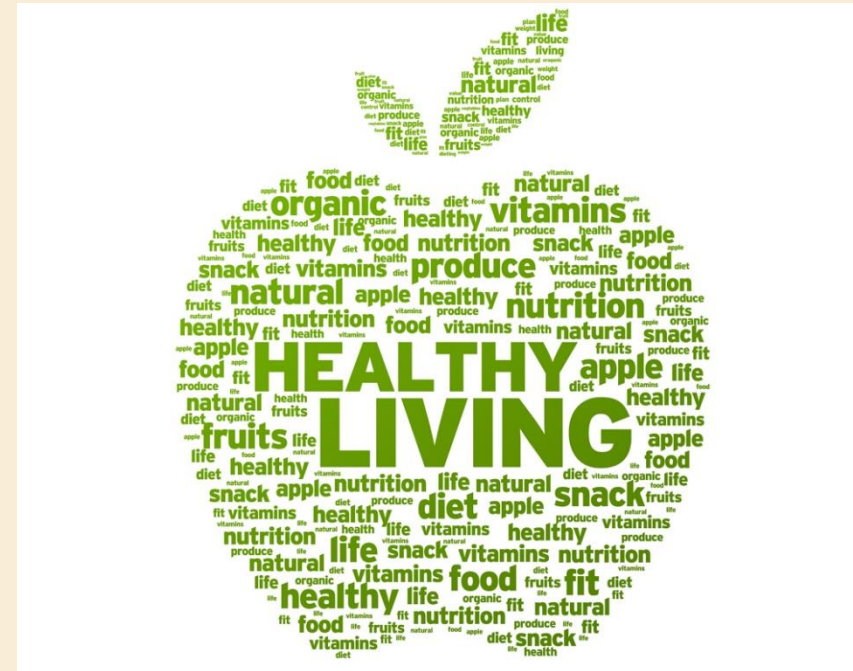
- Don't overwhelm yourself
- Change the way you see things
- Do something for others
- Get some physical exercise
- Avoid self medication
- Develop thick skin
- Use your stress in a positive way



*Calm,
Cool,
&
Collected!*

Managing Stress

- Eat healthy
- Say “no”
- Take time to relax
- Be kind to yourself
- Manage your time well
- Talk it over with someone



Find YOUR stress reliever

- Workout
- Write in a journal
- Extracurricular Activities
- Breathe
- Surround yourself with positive things:
 - Music
 - People
 - Books or poems
 - Scenery

**I believe in
myself
and my
abilities.**

POSITIVEMOTIVATION.net



Have A Little Less Stress...

& You will succeed in what you're doing!