Summer is quickly approaching, but the one thing separating you from it is... **FINALS**!

Here are some helpful study tips:

1. *Don’t cram!* Study in 20-50 minute increments, and take 5-10 minute breaks in between each session.

2. *Form a study group!* Study groups are a great way to motivate you to get started. Talking about concepts can help you figure out what you understand and what you need to go over.

3. *Prevent test anxiety!* Spend some time imagining yourself acing the exam. Practice taking deep breaths, focusing on what you know and keeping things (including the importance of the test) in perspective.

4. *Take care of yourself.* Adequate nutrition helps the brain function at its best. Just 20-minutes of cardio a day can help improve your memory, and being around nature helps to relax you.

5. *Manage your time!* Make a realistic study schedule. Leave yourself time for breaks, since you’ll be taking them anyway. Prioritize the classes you’ll need to study for the most.

6. *Go to office hours!* Even if you only have one question, feedback from your professor will help you figure out what he thinks is most important, and will help you know what to focus on while studying.

Have a fun summer!!

Congratulations to all of those who are graduating!