

By now, you are likely involved in a club or organization, or have friends who enjoy hanging out!

With midterms right around the corner, learning how to manage one's time is essential.

Establish priorities—ask yourself what is due tomorrow rather than next week. Try to start working on assignments ahead of time rather than procrastinating until the last minute!

Maintain adequate sleep, keeping a regular bed time, and making time to relax before bed. Try www.calm.com or find other recordings on YouTube that help to relieve tension and anxiety.

Be honest about your schedule. If you're not a morning person, do not plan on studying at 8am! But also try to limit all-nighters and cramming for hours on end.

SCHEDULES & ROUTINES



MORE STUDY TIPS



Setting small goals--rather than waiting for one day to do that huge project, do one page at a time to avoid feeling overwhelmed or burnout.

Build in flexibility and fun-- don't forget to plan to have alone time just to process and relax, as well as fun in there as well.

Don't forget to celebrate--even little milestones like attending class or completing that huge test.