

what it takes

For All Students

November 26, 2023

Studying for Finals

Hey Students,

Can you believe you've almost made it through the fall term? If you haven't done this before at the university level, the next few weeks will be filled with hours of reviewing for final exams. Here's some helpful information including study tips to give you the best chance to ace those finals!

Helmke Library Hours

Monday–Thursday: 8 a.m.–9 p.m.

Friday–Saturday: 8 a.m.–5 p.m.

Sunday: noon–9 p.m.

Tips for an Effective Study Session

1. Find the perfect study spot. Need a quiet place to land? Consider **booking a private group study room** at Helmke Library.
2. Maximize your productivity by taking regular brain breaks, even if it's just getting up to move around for 10–15 minutes.
3. Don't hesitate to reach out to your professors for help when you're unsure about something. Pro tip: ask about their office hours or study sessions for finals.
4. Join a study group! By working collectively, you and your peers can tackle challenging problems and help everyone stay motivated throughout the sessions.

Strategies to Manage Test Anxiety

1. Make physical activity a regular part of your routine and consume a well-balanced diet—most importantly, a healthy breakfast before an exam.
2. Organize your study space and materials.
3. Get 7–8 hours of sleep each night. Staying up late cramming for an exam won't help you learn the material. It will just make you more tired and unprepared.
4. Prioritize your time these next few weeks, build a study plan, and stick to your plan.
5. Be sure you are giving yourself plenty of time to prepare for each exam. Start now! Review bite-sized information often.

We all believe in you!

Study hard and finish the semester off on a positive note.

Kristina J Surface

Dr. Krissy Surface

Vice Chancellor

Enrollment Management and the Student Experience

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2101 E. Coliseum Blvd. | Fort Wayne, IN 46805 US

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