



SUCCESS IN THE HERD

# what it takes

For PFW Students

December 8, 2024

## Power Through Finals: Your Guide to Success!

Hey Mastodons,

Can you believe the fall term is almost over? Whether this is your first time prepping for finals or you're a seasoned pro, we know these next few weeks can be intense. But don't worry, this is the perfect time to harness your skills, put in the effort, and finish strong!

Here are some study tips, resources, and strategies to help you give your best on finals and keep your stress levels down.

### Helmke Library

Need a dedicated study space? Helmke Library has extended hours to support you.

Monday–Thursday | 8 a.m.–9 p.m.

Friday–Saturday | 8 a.m.–5 p.m.

Sunday | noon–9 p.m.

### Tutoring Center

Need extra support with your courses before taking your final? The Tutoring Center offers FREE tutoring in a variety of academic subjects, including study skills.

Stop by Kettler Hall, Room G22, Monday–Friday from 9 a.m.–7 p.m.

### Top Tips for an Effective Study Session

1. **Find your focus zone:** Seek out a study space that works for you—quiet, cozy, or buzzing with energy. You can even **book a private group study room** at Helmke Library.
2. **Take brain breaks:** Refresh your mind by moving around every hour or so. A quick 10 or 15-minute break can work wonders.
3. **Reach out to professors:** Unsure about something? Professors are here to help—stop by their office hours or ask about study sessions specifically for finals.
4. **Study with friends:** Join a study group to keep motivated and tackle challenging

concepts together. You're all in this journey together!

### Test Anxiety Tips to Keep Calm and Focused

1. **Fuel your body & mind:** Regular physical activity, a balanced diet, and a healthy breakfast on exam day will help you stay energized and focused.
2. **Organize your space:** A clear study area equals a clear mind. Set up your materials so you're ready to jump into study mode.
3. **Get quality sleep:** Aim for 7 to 8 hours each night. Cramming can leave you drained; staying rested will help you feel sharp.
4. **Build a study plan:** Map out your study sessions to make the most of your time. Tackling content in small, manageable chunks will boost your retention.
5. **Start early, review often:** Begin reviewing now and take it a bit at a time so you give yourself time to understand each section.

We know you've got this. Stay focused, keep your head up, and remember that we're here cheering you on every step of the way.

Let's finish this fall semester strong!

## Positive Practices

**Take a moment to see where your head is.** Think about what inspires you, your strengths, and areas where you may find challenges, such as managing time, procrastination, or perfectionism. The more self-aware you become, the easier it is to seek and receive the support you need.



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