

PREPARING FOR END-OF-YEAR EXAMS

See the bigger picture: remember what this is for

Use the Forest: Stay Focused app to prevent phone distractions

If things go badly now you still have time to sort them out

Mocks won't define everything

Teach it to someone else

Use the Pomodoro technique 25 minute work intervals



Spend time with friends

Try to eat a meal with your family most days so you're not shut in your room all the time

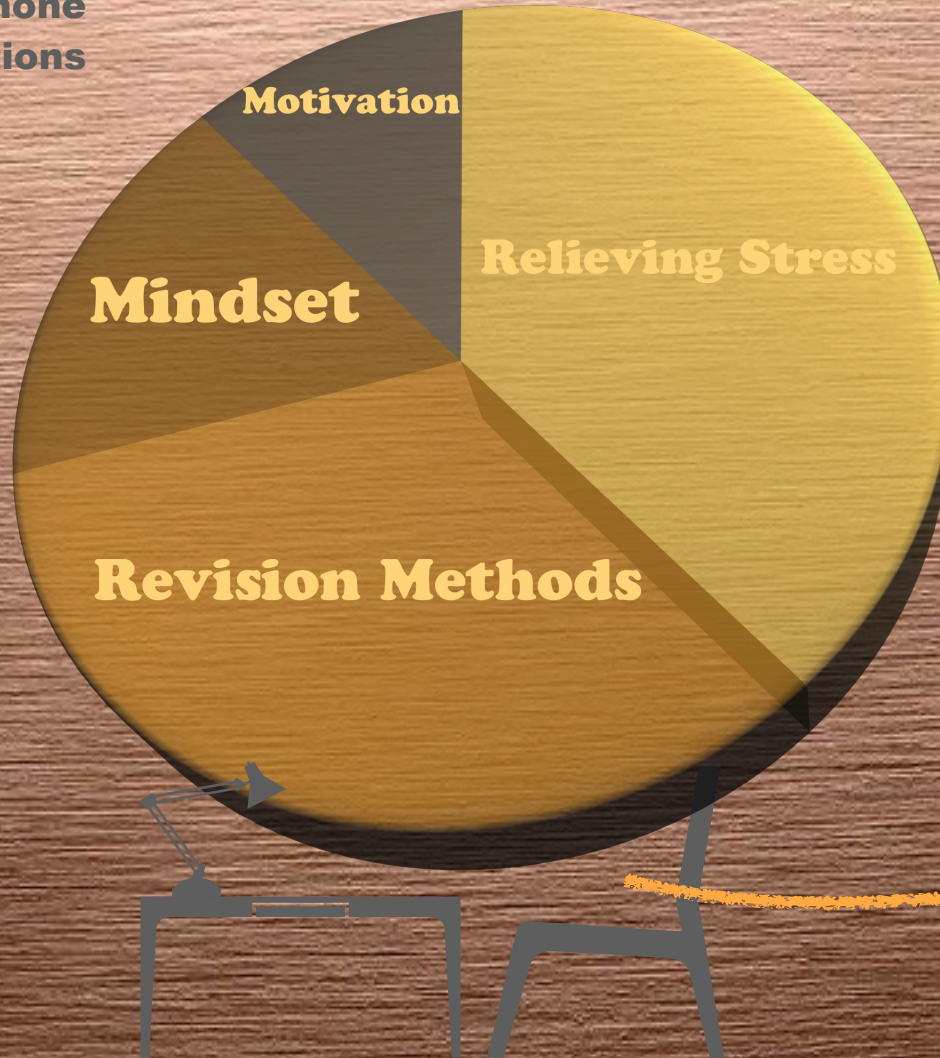
Go to bed at a reasonable time

Try meditation with apps like Headspace

Do a form of exercise you enjoy

Give yourself down time (watch Netflix, read books, play music)

Create flash cards and test yourself



WHILE IT'S IMPORTANT TO BE PREPARED FOR YOUR EXAMS, DO ALL IN MODERATION

