

EXPLORATION INSIDER

A monthly newsletter of major and career exploration tips, events, reminders, and advice!



Gearing Up For Finals

As finals approach, it's important that you get ready. Finals week in college may require more preparation than you're used to, and that's okay!

Make a Study Plan

Create a study schedule that allows you to review the material at your own pace! Set a timer for 30 minute sessions and take a 10 minute break in between to rest and recharge.

Clear Your Space of Distractions

Put your phone away, exit out of unrelated browsers, keep your study area clean and organized. Sometimes downloading any needed material ahead of time can be helpful, too!

Create Study Groups

Studying with others can help deepen your understanding of the content! Utilize the "Study Buddies" feature in the Navigate App.

Switch Up Your Study Space

It can be easy to turn on the tv and lounge instead of study. Don't be afraid to venture out and try a new study location! Whether that's a spot in the library or a local cafe, a change of scenery can help you revamp your focus.

Practice Self-Care

It's not beneficial to just keep pushing forward to the point of exhaustion. Take frequent breaks, get lots of sleep, and be sure to eat right, too!

UPCOMING DATES & DEADLINES

12/11: Deadline to Change Grading Basis

12/29: Grades Official in WINS

1/19: First Day of Spring Semester

Check your email and/or Canvas for communication from your professors regarding class modality

