

Stay ahead of the pressure of finals and final projects by taking good care of yourself and spending the time you need to study, sleep, move and eat in a way that supports your success. After finals are over, acknowledge how much you learned and experienced during the fall semester, reflect upon your accomplishments and have a healthy, happy and safe winter break.



Tips for Staying Focused on Finals

1. Avoid all-nighters.
2. Eat small, frequent meals.
3. Drink plenty of water.
4. Limit your caffeine and energy drink
5. Avoid using stimulant drugs to stay awake.
6. Focus on one subject at a time.
7. Limit your cell phone use when studying.
8. Log out of Facebook, Twitter, Instagram, etc.
9. Study for 50 minutes and then take a 10 minute study break.
10. Stretch, walk or dance during your study breaks.

Learn more at ASU Wellness [a note on staying focused for semester projects and final exams](#).



Exam Time Eating tips

1. Balance carbs with protein.
2. Start every day with breakfast.
3. Eat small, frequent meals.
4. Drink plenty of water.
5. Make yourself get up to snack.
6. Use non-food stress busters to cope with the tensions of exam time, instead of eating.
7. Keep your room/apartment stocked with healthy snacks.
8. Keep easy, healthy, convenient meal-type foods on hand.
9. Avoid/limit sweets and sugary foods and beverages.
10. Eat only when you are physically hungry, not because you are procrastinating or in need of a study break.

For additional information, view the ASU Wellness [Exam Time Eating](#) nutrition handout. Maximize your time, save money and eat healthy using the [November 2015 Devils Dish Menus, Recipes and Grocery Lists](#).



Fitting in Fitness Tips

1. Walk, bike or skate to your exam.
2. Driving to ASU? Get in some extra steps by parking at the back of your parking structure.
3. Exercise first thing in the morning.
4. Study class notes or memorize facts on a treadmill, stationary bike or elliptical trainer at the [SDFC](#).
5. Take [free Devil-X Group fitness classes from December 5-13](#) at all SDFC locations.
6. Use the stairs instead of the elevator.
7. Make it a date. Schedule workouts with friends during finals week.
8. Instead of skipping a workout, just do a short one.
9. Exercise right after you finish your finals for the day.
10. During your study breaks, stretch, walk, dance or do some strengthening exercises, like push-ups or sit-ups.

Incorporate more movement into your life, explore how exercise benefits mental health and review tips for creating the right fitness plan for you at [Exercise and Fitness](#) by [HelpGuide.org](#).



Wellness Events & Activities

[Sign-up for the Fork the Smoke! Tobacco-free Challenge](#)
[11/30 De-stress for Success, Downtown Phoenix](#)
[12/1 Paint for Peace on World AIDS Day, Tempe](#)
[12/1 World AIDS Day on PV Beach, Tempe](#)
[12/1 World AIDS Day Testing Event, Tempe](#)
[12/2 Finals Breakfast, University-wide](#)
[12/4 Holiday Music Festival, Tempe](#)
[12/5 – 12/13 Free Devil-X Group Fitness Classes, SDFC](#)
[12/5 ASU Classic: Women's Basketball vs. VCU, Tempe](#)
[12/5 ASU Men's Basketball vs. Texas A&M, Tempe](#)
[12/11 9th Annual Christmas Sing Along, Tempe](#)
[12/11 – 12/16 ASU Fall 2015 Commencement & Convocation](#)

Well Devils Resources

[ASU Counseling Services](#)
[ASU Health Services](#)
[ASU Tobacco-free](#)
[ASU Wellness](#)
[Sun Devil Fitness](#)
[Sun Devil Dining](#)



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