

# Getting Ready for the END OF THE SEMESTER

97.8% of students say that stress has affected their mental health.

## Study Tips:

- Listening to music stimulates the brain.
- Color coding notes improves visual memory.
- Writing notes by hand is more effective than typing.
- Using blue ink enhances retention.
- Chewing the same flavor gum during the test that was chewed while studying enhances memory.

## How to Reduce Stress:

- Get at least 30 minutes of exercise a day
- Reduce caffeine intake
- Spend more time with loved ones
- Meditate or practice deep breathing
- Try a craft such as painting

89% of students' stress comes from exams.

"Download all the resources the teacher gives you for the certain unit. Go through your homework and redo problems, especially the ones you got wrong. Go back and change the color so you know in the future what you need the most work on."

-Ella Winter '21, tutor



"Don't wait until the last minute to study, write papers or finish projects. Giving yourself more time to check over things, to ask your teacher questions, to not anger your groupmates, is important."

-Ms. Boenker, English teacher

