Where does the time go? It seems like just yesterday the academic year began with enthusiasm and high hopes for a great semester. Suddenly the semester is half over… You have fallen into a comfortable routine and started relaxing a little. You think, “I’ve got this under control”. The problem begins when you turn the page in your planner and discover you have three exams, a presentation, and a research paper all due next week. The stress begins and your anxiety takes off like a rocket.

It’s a fact that this time of the year is stressful. Midterms, presentations, and papers often account for a huge part of final grades. When you’re under stress, your immune system weakens and illness can follow. Extreme stress can also lead to poor performance on exams.

There are some things you can do to beat that stress and increase your chances of success. First, stop procrastinating. You’ve heard this advice since middle school, but it really helps. Now is the time to stop binge watching your favorite program on Netflix. Nobody does that, right? Wrong! Why stop, you may ask? Because you’ve discovered that a huge exam is only three days away.

The first thing you might want to do is create a study schedule. Find out what you need to prepare for each class. Review notes, book chapters, and any supplemental readings. Do a little studying every day instead of cramming at the last minute. Consider forming a study group with classmates. That way you can pool resources and knowledge rather that staring at your material for hours without a clue of what to do next.

Stay healthy! Facing midterms and being sick is too much to handle at one time. Pay attention to your diet and do your best to eat healthy foods. Get a good night’s sleep and throw in some exercise. This will provide extra energy to get past that hump. You might want to include some yoga or meditation to reduce your stress. Don’t forget about the Counseling Center’s Relaxation Room and those awesome massage chairs.

Be organized… Don’t increase your anxiety by having a messy desk or room. You won’t have to spend panic filled minutes looking for something to wear, digging through piles of notes, or trying to find a pen or scantron.

Spend some time outdoors. The weather is cooler and being outside can help you feel more energetic. Take a break from studying and go for a leisurely walk. Stretch out on the grass and soak up some Vitamin D. Find a place to study outside instead of being trapped in your room or the library.
Drop some of your commitments. If you have too much on your plate due to community service or social activities, consider putting some of them off until after exams. You might even want to practice a little assertiveness by using a special word…. No. You can pick back up on your activities after midterms.

Midterms don’t last forever. Remind yourself that you can do this. If you need someone to talk to, call a friend or family member who is positive and on your side. If needed, stop by the Counseling Center, 204 Halladay Student Services, to speak with a counselor. It’s possible to get yourself unstuck.