To Procrastinate or Not….That is the Question…..

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The end of the semester is drawing near, and we are a week away from final exams. Even though the clock is ticking quickly, all hope is not lost. So, what is your plan of action? Do you have one in mind?

If your final exams are contingent upon your passing the course, then you might want to consider creating a study group with no more than three people, self-included. Study groups may be an option for some, but not all students would agree to the “group-effort” for learning a vast amount of information in such a short span of time.

The alternative plan of action would be to draft an outline of the chapters, you were required to read, but never quite got around to it—at least, not as of yet. An outline can be a way to acknowledge about 70% of the material without actually having to read each chapter verbatim.

In addition to outlining the chapters required, consider creating note cards with a highlighted vocabulary list of terms that more than likely will appear on a multiple choice exam (scantron required). Create “fact cards” with “visual cues” to jog your memory of notable figures or statistics that might be of use in an essay or short response questions.

Finally, make the most of your study-time, through healthy snacking in between studying. Some snacks which promote brain stimulation are not loaded with excessive sugars or come in a Texas-Sized Fried basket. Examples include: raw unsalted mixed nuts (unless you have a peanut allergy—then avoid this option), peppermints, raw vegetables with peanut butter or your favorite dressing, apples, and protein bars (without more than 3 ingredients). Be mindful of your selections, so that you can be more productive with your studies.

The final suggestion for adequate preparation of your exams is---take 20 minutes to visit the Counseling Center, Relaxation Room for needed Self-Care. Happy Studying!!!!