Ace Your Finals, Not Your Wallet

When you fail a class, you must re-take that class to finish their degree. This can cost thousands of dollars in the long run. Mix this with a “starving college student” and the results can be dire. Below are a few tips that will ease your mind and better your finals scores throughout the week.

Study, study, study! – Finals week at the University of Utah begins December 15th and ends the 19th. That’s two weeks from now to study and make sure you understand the material. Praying for a holiday miracle the night before is not a good form of studying. Hit the books now and reap the benefits come test time.

Type your notes – The night before an exam, re-type the most important aspects of your notes. This causes your brain to better remember the material versus reading over it or even saying it out loud. Do this before you go to sleep for best results.

Don’t cram and take breaks – What is the best way to relax your mind during a study break? Humor. Turn on the TV, Netflix, or Hulu and watch your favorite comedies. The blood will get flowing through your brain and help you relax. Once you’re ready, jump into your notes again (Don’t watch an entire season of a show when you should be studying. Save this for AFTER the exams).

Take deep breaths before you begin an exam – This helps me immensely. Before I take an exam, I take deep breaths (8 seconds inhale though the nose, five seconds exhale through the mouth). It has calmed my jitters and made me perform much better on my finals.

There are many things you can do to ace your finals so study yourself while you’re studying the material. What works for you? What doesn’t? Before you know it, you’ll be out the door and on your way to your winter break. Good luck!

Be Thankful For What You Have!

December is a very busy and stressful month. We have shopping to do, family to visit, and finals to study for but, never lose sight of the good things happening in your life, too. Count your blessings every night before bed and you’ll realize that life isn’t as difficult as it seems. Your happiness will rub off on other stressed out people as well. It’s a win-win situation!

Come visit us today to see what resources we have to help you reach your financial needs and goals!

Olpin Student Union Bldg., Room 317
Visit our website at: http://personal-money-management.utah.edu/