

Finals Week Tips and Resources December 11-14

- **Start Early:** You are more likely to retain information. Cramming doesn't work for retaining information long-term. A better strategy is to start studying early, and keep reviewing.
- **50-10 Rule:** Study 50 minutes of an hour and use the last 10 minutes for some self-care.
- **No All-Nighters:** When you don't get enough sleep your memory is negatively affected for up to 4 days after.
- **Rotate Study Spots:** It's proven that studying the same material in different locations helps your brain to form more connections to the material, making it easier to recall on test day.
- **Get exercise:** It's proven that 20 minutes of cardio a day can improve your memory. Even walking around campus for 20 minutes will help.
- **Eat foods high in antioxidants:** The food you eat for up to a week before a test can affect your memory. Eating foods high in antioxidants gives your brain what it needs to perform at its best.

For more tips and information, check out our website: www.humboldt.edu/acac and HSU's Counseling and Psychological Services website on stress and relaxation: http://www2.humboldt.edu/counseling/stress_relaxation.html

In addition, here are some resources offered around campus this week:

Free food!

The Multicultural Center is offering free meals - breakfast, lunch, and dinner - all week! Find them in Balabanis House, just around the corner from the library.

Free cookies!

The College of Professional Studies Office is offering free cookies for students to help with finals week. Find them in Gist Hall 214.

Free massages!

Massage Drop-in Lounge - 1-3pm - in the Library Lobby

Finals Study Lounge - Nelson Hall East 206 - African American Center for Academic Excellence

AACAE will be open for extended hours (10am-10pm) during finals week for studying. Snacks will be provided throughout the day.

December 11

25th Annual Free Pancake Dinner - 8-10pm - J Cafeteria at Jolly Giant Commons