

**Make a strategic to-do list**

This one seems like a no-brainer. In fact, you might already have about five to-do lists lying around your desk somewhere! But this to-do list is one with strategy. Vary it by including both big and little accomplishments. If you need to break a paper down paragraph by paragraph and write down each individual component, do so! That way you get the satisfaction of crossing off something every couple of hours. That initially daunting list dwindles a lot faster, and you more frequent feelings of accomplishment!

**Schedule a coffee date**

You need human interaction during pre-finals stress. Cool Beans offers happy hour Monday-Thursday from 1:30 to 3:15 at the price of an employee discount. Go get something at LJ's and sit in their outdoor area or visit JP's before walking down 8th street. Drinks with caffeine add an extra something to help you finish strong—just don't become reliant on it to get you through finals!

**Find alternatives to Netflix**

Binge-watching TV shows is considered normal in college, but during the last few weeks of school that time is eating into your final exam preparations! Acknowledge and accept that this time of year is not the most conducive for watching all 13 episodes of "Unbreakable Kimmy Schmidt." You could try a reward system—for every two hours of homework, watch one 20-minute episode. However, this plan of attack requires discipline. If you don't think you can follow through, give it up altogether. Don't worry—it'll still be there in a few weeks!

**So you're feeling a little stressed out...**

It's that time of year again—finals are a few weeks out, projects and papers are piling up, and you have just about reached your wit's end. We've all been there. But when the academic stress becomes too much to handle, what on earth are you supposed to do? Here are just a few tips to help you pull through these next few weeks. Summer is close (16 days and counting down!) and we know you can do it!

**Exercise**

"Exercise gives you endorphins. Endorphins make you happy. Happy people just don't shoot their husbands; they just don't." Elle Woods got this one right! Exercising (whether it be an intense workout or a walk around the block) helps release pent-up energy and gives you endorphins. Those endorphins go a long way in staving off stress!

**Take naps**

Naps are wonderful opportunities that get overlooked or abused. The ideal nap is 20 minutes—no more, no less. Even if you cannot actually fall asleep, set a timer and lie with your eyes closed. This gives your eyes a chance to rest, and it allows you to get away from whatever work is currently haunting you. These are not meant to be used in place of a good night's rest, but instead as a way to refresh you and give you renewed motivation to finish that chemistry lab report!

**Go on walks**

Spring has finally shown its colors, and you need to get out there and enjoy it! Most of us are aware that actually doing homework outside (especially in the Pine Grove) slows down productivity; however, that does not mean you should lock yourself indoors away from the sunlight until finals are over. Grab a friend and take a walk as your scheduled 20-30 minute break. On top of getting some vitamin D and serotonin, you get yourself moving and in some fresh air.

**Take breaks**

Take breaks?! But you have so much to do and so little time to do it! True, however are you using your time efficiently? When you are stressed out, that math worksheet that should take you only 30 minutes becomes a two hour long endeavor. According to MIT research, planning 20-30 minute breaks in your schedule is a great way to ensure that your work time is as efficient as possible.

**Sleep**

I could do an entire spread on the importance of sleep, and the sad truth is that most college students forfeit sleep for other activities. To put it simply—you need to sleep. At least eight hours. I understand that getting that amount of sleep might be impossible with your stress, but you have got to try! Visit Counseling and Psychological Services (CAPS) for sleeping tips or meditation. Download a sleeping app. Try putting your phone and computer away up to an hour before you go to sleep. And if it ever comes down to cramming or getting sleep, always choose sleep. Chances are that with little sleep, the quality of your work will be very poor and you will pay for it during class!