



How to Thrive During Exams

There are ways to study better and smarter so that you're fully prepared for important exams. Try some of these suggestions to boost your memory and concentration while being kind to yourself during this time.

"Take advantage of office hours if you have questions."

"Redo problem sets you didn't get right the first time."

"Study at the same time and place every day if possible."

"Eat regular meals."

"Take a 15-minute break if you notice attention drifting."

"Minimize distractions by silencing phone and email alerts."

"Create or join a study group."

"Create an instrumental playlist that helps you focus."

"Get a good night's sleep."

"Chew gum—especially peppermint."

"Reach out to USU's Learning Specialists."

"Re-listen to lectures you struggled with, if possible."

"Create your own study guides—handwrite if possible."

"Resist the urge to procrastinate—reward yourself when you don't."

"Teach what you've learned to someone else."

"Prioritize your most difficult courses and exams."

For more information on the [USU Academic Resource Finder](#), [Habits of Mind](#) courses

and sign up with an [Academic Success Coach](#), visit

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