Make a list of all of your assignments, projects, papers and exams.
Prioritize the most important projects by estimating how much time you will need to study and prepare for each, and then block out the time on your calendar now. A solid plan will help you approach finals with less stress and more confidence.

It's important to take care of yourself during stressful times. Make sure to get 7-8 hours of sleep nightly (yes, at night - we know it is hard!), eat three healthy meals a day, study in 1-2 hour chunks, go for a walk with a friend or take advantage of RecSports online, and plan some fun time each day to regroup and restore. Repeat daily for the best results.

Re-reading the textbook the night before exams isn't going to cut it. Instead, create your own study guides, mind maps, and notecards with definitions and formulas to master the content. If you can teach someone else the material, you're ready for finals, so pair up (distantly or via Zoom) with a study buddy and double your efforts.

Make tutoring appointments, attend Supplemental Instruction, drop-in tutoring, and faculty office hours. There are many different ways to get help in your classes -- the Campus Learning Center can help you figure it out.

You don't have to do this alone. Make study groups, attend informational sessions, drop-in tutoring, and faculty office hours. There are many different ways to get help in your classes -- the Campus Learning Center can help you figure it out.

Get ready to celebrate! You're on your way to successfully complete a challenging semester! Acknowledge what's been new and tough, and then congratulate yourself, your friends and your teachers on making the best of it, together, as one VCU. GO RAMS!!