

**Advice from Upperclassmen:  
How do you deal with finals?  
How do you stay motivated?  
How do you deal with anxiety?**

- Create a support system and don't be afraid to reach out.
- Be scared and then choose to show up anyway.
- Give yourself space to just simply be.
- Have willingness to communicate with genuine honesty.
- Talk to friends, family, or coaches.
- By staying organized—time management.
- Getting involved: doing something you enjoy and have passion for.
- Do whatever you need to do to stay focused. If you aren't focused, you are either stressed out or are going to be later. Stress will lead to anxiety.
- Find friends: by that, I mean friends that will always offer support.
- Plan ahead: make a schedule.
- Take breaks in between study sessions and have fun.
- Make it interesting so it doesn't feel like a chore.
- Watch videos, read, look over notes. Don't just do one thing.
- Take time for yourself.
- Learn to enjoy studying (study with friends, have snacks).
- Pay attention in class. You understand more when you pay attention, even when it's boring.
- Don't cram the night before. Start studying just a bit each day.
- Take time for things you enjoy.
- Prioritize your wellbeing.
- Find something outside of yourself to focus on (like a creative outlet). For example: music, video games, exercise, writing, working.
- Something that gets you excited.
- Something you can do to feel lighter when everything feels too heavy.
- We can get lost in our thoughts so easily and having something to take us out of them is necessary.
- Focus on gratitude and making the most out of your time and friendships.

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