1. **Time management**: consider things like time-blocking to structure your time. Be mindful of the tasks you have and time needed to complete them.

2. **Set up a good study space**: having a dedicated study location with minimal distractions can help keep you on task and focused.

3. **Try to limit distractions**: whether social media, app notifications popping up, or streaming your favorite shows in the background, distractions can create challenges.

4. **Screen-time breaks**: Let your eyes rest between exam, and try to limit screen time for a bit after each exam is completed.

5. **Eat!** Be sure that you are taking to fuel your brain and body!

6. **Watch your posture.** Try to find a comfortable seat that supports your back.

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**PANTHERWELL TIPS:**
**FINALS WEEK SUCCESS**

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