TOP TEN TIPS TO #FINISHSTRONG

1. **Create a to-do list.** Make a list of all the papers, tests, and projects (and their due dates) that you have left to do before ending the semester. This will help you prioritize what needs to be completed first. We recommend the Trello app for creating manageable to-do lists!

2. **Limit your distractions.** With summer right around the corner, distractions are everywhere! Find a space where you can attend class and complete your work with focus. This could be anywhere from your kitchen table to a picnic blanket outside.

3. **Optimize your routine.** Your routine might look different during finals week and that’s okay. Start your day with a few tasks that are easily accomplished to create momentum for the day ahead. Often, the hardest part is getting started!

4. **Take a break from your screen.** As tempting as it might be to just watch TikTok videos while taking a break from classwork, we recommend getting away from your computer and phone screens. Instead, try going outside for a picnic, taking a walk, or challenging your family to a board game.

5. **Connect with your professor.** Class time doesn’t have to be the only time you interact with your professors! Connect with them via virtual office hours or email to ensure you understand the material.

6. **Embrace technology challenges.** Technology issues can be stressful, but they happen to everyone. Be open and honest with your instructors and seek support through the DAE at a Distance website and the App Warehouse.

7. **Practice mindfulness to help reduce stress.** Mindfulness is a great tool that can easily be integrated into your daily routine. Apps like Calm and Headspace are a good place to get started with mindfulness exercises.

8. **Establish boundaries.** Advocate for yourself to establish and maintain boundaries with family and roommates to manage space, time, distractions, and commitments.

9. **Meet with an Academic Coach.** It’s NEVER too late to make an Academic Coaching appointment. Our team of coaches can help you create an individualized plan for success while discussing your short term and long term goals.

10. **Give yourself a high-five!** Just a few weeks ago, you were making the transition to online classes. Celebrate your successes and the new skills you’ve learned.